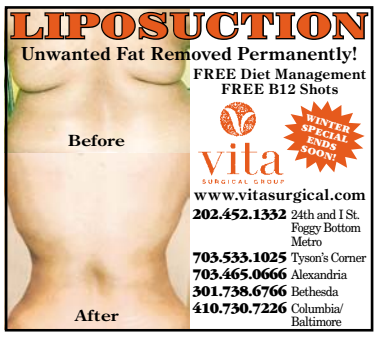
SPICE IT UP: Learn salsa and cut a dashing figure on the dance floor | **Inside**

express



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Tuesday

AFP/GETTY IMAGES

A French soldier aids in the evacuation in Chad.

Rebel Assault: Thousands flee fighting in Chad capital | 7

Yahoo Bid: Microsoft tries to stave off Google criticism | 11

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ENTERTAINMENT

Almost Famous: *Sara Bareilles* is rapidly climbing stardom's ladder. Plus, where to party on Fat Tuesday.

>> 17-20

Super Showdowns

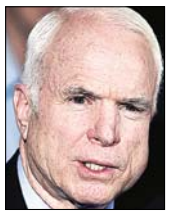
Contenders crisscross the country ahead of the biggest primary day ever

TRACY A. WOODWARD/THE WASHINGTON POST

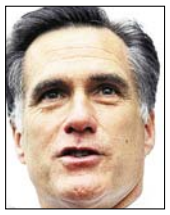
HIGH STAKES: Sen. Hillary Rodham Clinton greets a crowd in Worcester, Mass., Monday, while Sen. Barack Obama gets actor Robert DeNiro's support in East Rutherford, N.J. Twenty-two states are on the line Tuesday.

Buoyed by cheering crowds and bolstered by more than $1.3 million a day in TV ads, Democrats Sens. Barack Obama and Hillary Rodham Clinton raced through the final hours of a Super Tuesday campaign across 22 states. Mitt Romney made a late, possibly last appeal to conservatives to derail Republican front-runner Sen. John McCain on the busiest day in primary history.

"We're going to hand the liberals in our party a little surprise," boasted Romney, the former Massachusetts governor, predicting he would score an upset in delegate-rich California.



McCain



Romney

McCain projected confidence Monday, not only about wrapping up the nomination but also about next November's general election. "I can lead this nation and motivate all Americans to serve a cause greater than their self-interest," he said in New Jersey.

After months on the road, the wear on the candidates was showing, and the schedules strained human endurance.

The prize in each race was a huge cache of delegates on the biggest primary-season day ever.

In sheer numbers, Democrats have more at stake — 15 primaries, caucuses in seven states plus American Samoa, and 1,681 delegates — than the Republicans. They also lack a clear front-runner in the historic race between Clinton, who is trying to become the first woman to sit in the White House, and Obama, seeking to become the first black commander in chief. (AP)

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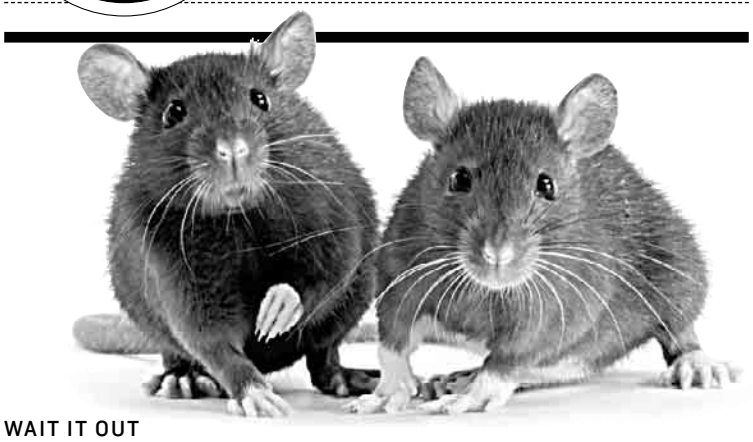
Q DO YOU THINK EITHER PARTY'S NOMINEE WILL BE DECIDED ON SUPER TUESDAY? (A) YES (B) NO

TO VOTE, VISIT **READEXPRESS.COM** OR TEXT **A** OR **B** TO WPOST (97678) | RESULTS, PAGE 32

TUESDAY	WEDNESDAY	THURSDAY
66 | 59	67 | 41	51 | 33

TODAY: Mostly cloudy all day with a slight chance of rain showers | 30

eyeOpeners



WAIT IT OUT

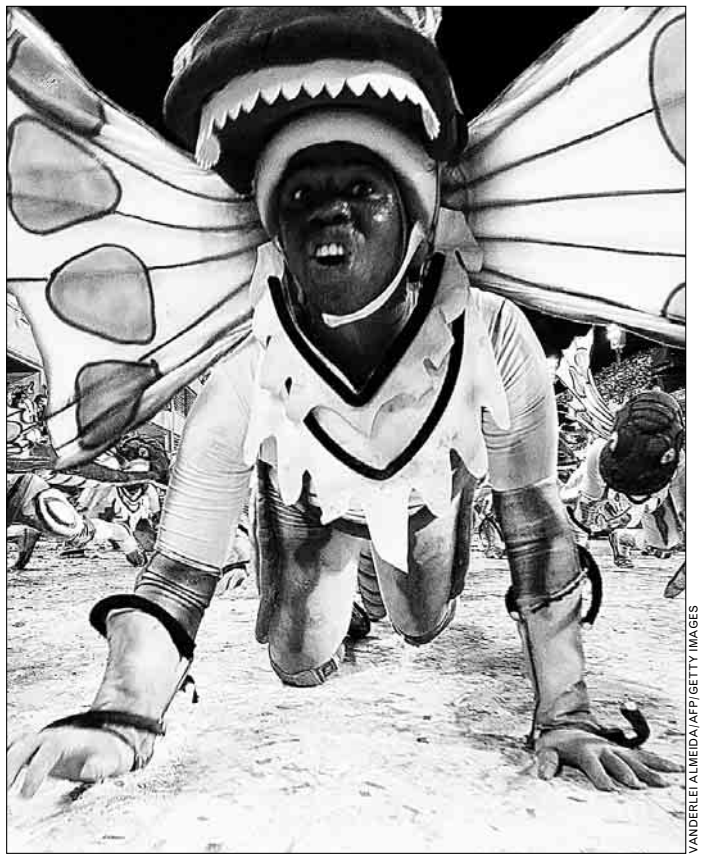
Next Year, They'll Be Disgusting Again

An animal rights group called Monday for China to treat rats with kindness and respect, as millions across the nation begin to celebrate the coming Year of the Rat. People for the Ethical Treatment of Animals, or PETA, said it has asked the Chinese government to consider animal welfare laws for rats used in laboratory experiments. The group also recommended a series of guidelines for animals used in science. "Rats sing, they dream, and they express empathy for others," said Coco Yu of PETA's Asia-Pacific branch. (AP)

CHANGES

Weigh Station Blocks Outback Parking Lot

A state lawmaker wants to ban restaurants from serving food to obese customers — but he says he never even expected his plan to become law. "I was trying to shed a little light on the No. 1 problem in Mississippi," said Republican Rep. John Read, who acknowledges that he'd probably have a tough time under his own bill. The state House Public Health Committee chairman said he is going to "shred" the bill. (AP)



VANDERLEI ALMEIDA/AFP/GETTY IMAGES

CREATIVE PROCESS

Behind the Scenes

Like public art, European haute couture and Santas doing un-Santa-like things, Brazil's carnival is one of EyeOpeners' best suppliers of random photographs. Today, it was a choice between the photo above and a pic of rows upon rows of women in fake bathtubs. This one was chosen because it fit the box better. Tomorrow, we will perhaps shape the box differently, and choose to show you the bathtubs. Or maybe some public art will have happened by then. (EXPRESS)

AKIRA SUEMORI/AP

This is perhaps the scariest thing a lapsed Catholic could ever imagine.

BOW BEFORE IT

Creepy, Happy, Sad: A Fearsome Trinity

A group of clowns gathered for a memorial service Sunday, but since it was for one of Britain's best-known clowns — Joseph Grimaldi, known to many as the father of modern clowning — the attendees kept things bright. Roly Bain, the clowns' chaplain, blew bubbles from the pulpit at the service, which also honored clowns who have died in the past year. Grimaldi died in 1837; the service is held every year. (AP)

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NO POCKETS?: Authorities in Oakland Park, Fla., arrested a grandmother during a drug raid on Friday for hiding powdered cocaine in her bra. Eight other people were arrested in the raid on the house, which also uncovered marijuana.

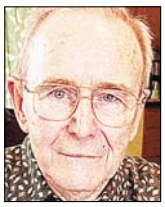
Nation

In Brief

REDDING, CALIF.

Last Surviving Participant In Iwo Jima Flag-Raise Dies

Raymond Jacobs, believed to be the last surviving member of the group of Marines photographed during the original U.S. flag-raising on Iwo Jima during World War II, has died at age 82. Jacobs died Jan. 29 of natural causes at a Redding hospital, his daughter, Nancy Jacobs, said. Newspaper accounts from the time show he was on the mountain during the initial raising of a smaller American flag, though he had returned to his unit by the time the more famous AP photograph was taken of a second flag-raising later the same day. (AP)



Jacobs

TINLEY PARK, ILL.

Woman Arrested, Charged In Identity Theft Scheme

A woman suspected of stealing other people's identities and duping some of the country's top universities into admitting her and giving her student loans has been arrested in a Chicago suburb, federal investigators say. Esther Elizabeth Reed, 29, was arrested on a federal warrant Saturday in Tinley Park, said Malcolm Wiley, spokesman for the Secret Service. Reed used the stolen identities to obtain more than $100,00 in loans, the Secret Service said. (AP)

President Unveils $3 Trillion Budget

Bush's plan would raise the federal deficit to about $410 billion

WASHINGTON | The record $3.1 trillion budget proposed by President Bush on Monday would produce eye-popping federal deficits, despite his attempts to impose politically wrenching curbs on Medicare and eliminate scores of popular domestic programs.

The Pentagon would receive a $36 billion, an 8 percent boost for the 2009 budget year beginning Oct. 1, even as programs aimed at the poor would be cut back or eliminated. Half of domestic Cabinet departments would see their budgets cut outright.

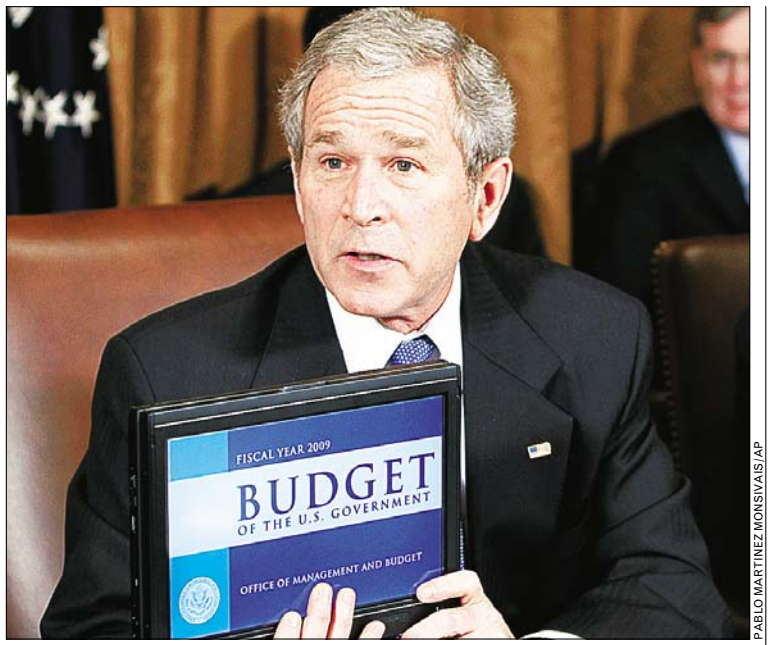
Slumping revenues and the cost of an economic rescue package will combine to produce a huge jump in the deficit to $410 billion this year and $407 billion in 2009, the White House says, just shy of the record $413 billion set four years ago.

But even those figures are optimistic since they depend on rosy economic forecasts and leave out the full costs of the war in Iraq. The White House predicts the economy will grow at a 2.7 percent clip this year, far higher than congressional and private economists expect, and the administration's $70 billion figure for military operations in Iraq and Afghanistan is simply a placeholder until the next president takes office.

"Our formula for achieving a balanced budget is simple: create the conditions for economic growth, keep taxes low and spend taxpayer dollars wisely or not at all," Bush said in his budget message.

Bush's lame-duck budget plan is likely to be ignored by Congress, which is controlled by Democrats and already looking ahead to November

Democrats said the forecast of a budget surplus in 2012 was based on flawed math that included only $70 billion for the wars in Iraq and Afghanistan. ANDREW TAYLOR (AP)



PABLO MARTINEZ MONSIVAIS/AP

President Bush holds up a laptop computer with the electronic version of the fiscal 2009 federal budget during a meeting with members of his Cabinet on Monday.

Numbers game: For a breakdown of Bush's proposal, see **Today's Post**.

HEARSAY | TRAIL TALK

"I am convinced that she's the president that I need for my future — for the grandkids I know that she hopes someday I'll have."

—**CHELSEA CLINTON**, CAMPAIGNING FOR HER MOM, SEN. HILLARY CLINTON, ON MONDAY IN THE SUPER TUESDAY STATE OF DELAWARE.

Congress Wants Review of Air Study

NASA warned safety data could alarm the public, hurt airlines

The public may yet learn what thousands of pilots told NASA about air safety. Congress moved Monday to analyze data from a project that the space agency cast aside and then withheld results from in fear they could alarm the public and hurt airline profits.

The House Science and Technology Committee told the investigative arm of Congress, the Government Accountability Office, to use its statistical, aviation and survey experts to analyze NASA's more than 24,000 telephone interviews with pilots.

NASA interviewed the pilots about dozens of safety incidents, including equipment failure and near collisions, that they encounter. The idea was to help identify precursors to accidents. The survey had an 80 percent response rate from the randomly contacted pilots. RITA BEAMISH (AP)

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Nation

55 **The percentage of U.S. banks** that reported tightening their lending standards on prime mortgages, says a new survey by the Federal Reserve released on Monday.

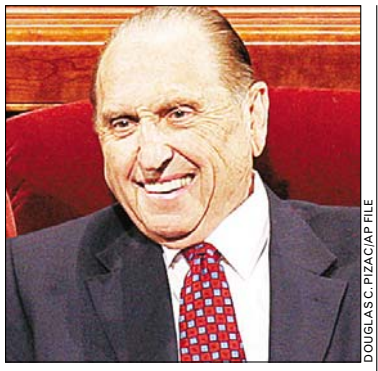
New Leader for Mormons

Hinckley's successor intends to travel the world to build temples

SALT LAKE CITY | Thomas S. Monson, a leader who became known for his folksy storytelling as he ascended through church ranks, was introduced Monday as the 16th president of The Church of Jesus Christ of Latter-day Saints.

Monson, 80, succeeds Gordon B. Hinckley, who died last month at age 97. Out of respect for the deceased president, the Mormon church never names a successor until after funeral services. Hinckley was buried Saturday.

The church relies on a pattern of apostolic succession in selecting a new president. Since the early part of the 20th century, the position has always passed to the most-senior member of its Council of Twelve Apostles, the second tier of church leadership. Monson was formally chosen Sunday and ordained in a private ceremony inside the Salt Lake Temple.


DOUGLAS C. PIZAC/AP FILE

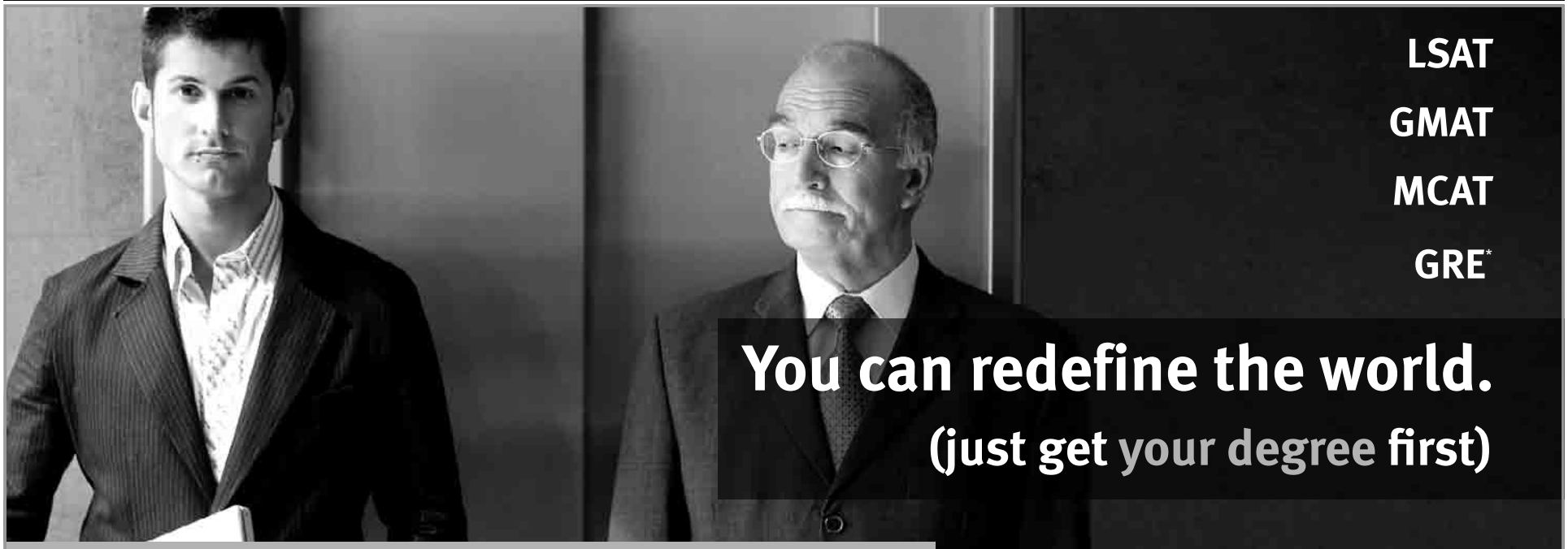
Thomas S. Monson was named president of the Mormon church on Sunday.

Monson said he was prepared to follow Hinckley and intends to travel the world to be among church members and to continue Hinckley's legacy of building small temples in places where the church is growing.

"It's not difficult, because he blazed the trail," Monson said at a news conference. "I worked with him for so long — 44 years. We knew each other so well. I knew and testify afresh that he was the Lord's prophet."

Latter-day Saints know Monson as a compassionate storyteller whose parables recount the stories of individuals resolving their struggles through faith.

As president, Monson will shepherd a growing church with 13 million members in 160 countries. Of those, about 5.7 million are in the United States.



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1 **The total funding increase, in billions of dollars,** President Bush proposed Monday in his budget to launch more and better Earth-observing satellites to track climate change.

Nation

AP FILE

A sitting senator has not been voted president of the United States since 1960, when Democrat John F. Kennedy was elected.

White House Race Unique

Senators have never before dominated the presidential contest

WASHINGTON | For all the talk of change and Beltway bashing in this campaign, the next president could well come from the ultimate Washington insider club — the U.S. Senate.

That itself would be something of a change.

Only twice before have voters sent a sitting senator from one end of Pennsylvania Avenue to the other: Massachusetts Democrat John F. Kennedy in 1960 and Ohio Republican Warren G. Harding 40 years earlier. And never have two sitting senators competed for the presidency as the Democratic and Republican nominees — a possibility if John McCain can ride his growing lead into the Republican nomination.

TWP FILE

Warren G. Harding is one of two sitting senators to ever win the White House.

While a president McCain, Hillary Rodham Clinton or Barack Obama wouldn't need to spend time getting to know Washington, that's no guarantee of peaceful White House relations with Congress or an easy transition.

Sure, an ex-senator would take hard-won alliances and friendships with him or her to the White House, points out Julian E. Zelizer, congressional historian at Princeton. But so, too, would he or she take built-up animosities.

McCain and Clinton, in particular, should not expect a honeymoon.

"The personal back-and-forth would start right away," Zelizer said. "I think senators would be very comfortable testing these people in the White House."

Traditionally, voters pick presidents who were governors, executives adept at budgeting and comfortable issuing commands. This year, the only remaining presidential candidates who have held that job are Republicans Mitt Romney of Massachusetts and Mike Huckabee of Arkansas. LAURIE KELLMAN (AP)

Coast Guard Searches for Balloonist

ANCHORAGE, ALASKA | A Japanese adventurer attempting a 5,600-mile trip in a hot air balloon from his country to Oregon has been missing for nearly a week, prompting a Coast Guard search.

Michio Kanda, 58, vanished Thursday over the North Pacific Ocean but has a pod-like life raft and enough food to keep him alive for at least three weeks, the Coast Guard said Monday. So far, searchers have found no sign of him.

"He could last awhile out there," Coast Guard Lt. j.g. Johna Rossetti said.

Large cargo planes were used to search by air, with plans for a sea search Tuesday by a Coast Guard cutter.

Kanda was hoping to become the first Japanese balloonist to cross the Pacific Ocean. (AP)

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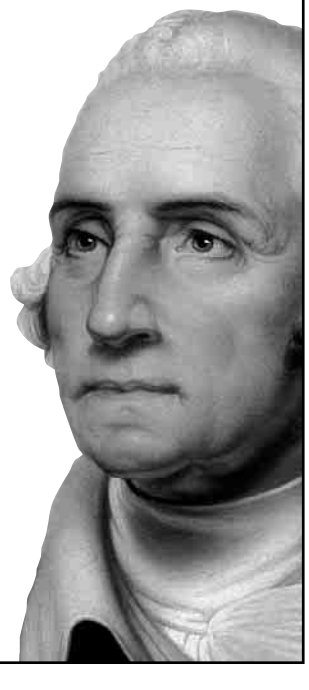

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Security Clearance Backlog No Problem for ClearedJobs.Net

By Carol Sorgen

The increased need for security cleared employees in the post-9/11 landscape has created a backlog in the clearance process. According to a White House report, the Federal government currently processes approximately 1.9 million requests for background investigations each year to help employers determine whether a prospective employee is suitable for employment or is eligible to have access to classified information or to meet regulatory requirements.

The average time to conduct each investigation had been anywhere from 5-6 months to one year, a length of time the White House found "totally unacceptable." While government agencies are making significant progress toward reducing that time, the White House report acknowledges that security clearances are still not being granted as quickly as desired or needed. This is especially true in cases of reinvestigation (which must be done every 10 years), because timeliness efforts have been focused more on individuals applying for initial security clearances.

The backlog in granting security clearances has understandably affected both employers and employees. Both groups, however, have found a valuable resource in the Northern Virginia-based ClearedJobs.Net. Since it was founded in 2001, ClearedJobs.Net has linked security cleared jobseekers and employers with security cleared positions and cleared facilities, both in the Washington metropolitan area and nationwide as well.

"Today's demand for security cleared professionals is far greater than the supply," says ClearedJobs.Net CMO Kathleen Smith. "As security cleared work has escalated, the demand for these individuals has grown exponentially, but the security clearance process hasn't been able to keep up." The U.S. government is working to address the problem, but in the meantime employers are actively seeking cleared professionals to meet their needs.

Terri Kiser, Corporate Security Manager for Chenega Federal Systems, LLC, headquartered in Lorton, has worked with ClearedJobs.Net on numerous occasions to find security cleared professionals to fill the engineering, military, and technological positions the company requires to provide its services to the defense and intelligence sectors of the Federal government.

According to Kiser, ClearedJobs.Net has helped the company find "quality people" whose security clearances are current. "Working with ClearedJobs.Net makes our job a lot easier," says Kiser.

Employers such as Chenega Federal Systems have the opportunity to post positions on the ClearedJobs.Net online job board, search the resume database with more than 75,000 current cleared jobseekers, and participate in job fairs; ClearedJobs.Net also offers employers brand building and advertising services.

The types of positions currently being sought by civilian employers are "wide and varied," says Smith—from administrative assistants and drivers to scientists, project managers, IT specialists, intelligence analysts, and linguists.

Jobseekers who already hold a security clearance, including military personnel, are able to take advantage of the suite of services offered at no charge by ClearedJobs.Net, including online resume posting; monthly job fairs held locally; seminars; newsletters; and career coaching.

Many of the jobseekers found in the ClearedJobs.Net employee database are former members of the military. The company has special insight into the needs of these individuals, says Smith. The company's founders are former military themselves and ClearedJobs.Net also employs specialists in military transitioning. ClearedJobs.Net also works with local groups such as AFCEA-NOVA to provide special career transitioning seminars for military and government personnel on a quarterly basis.

Through its regularly scheduled job fairs, ClearedJobs.Net offers seminars that focus on such issues as job researching, resume writing, and interviewing. Valuable tips are also found in the company's newsletter and on its website, www.ClearedJobs.Net.

What sets ClearedJobs.Net apart from other career-building resources is not only its focus on security cleared personnel and employers, but its approach to customer service. "Our founders focus on integrity and doing the best job possible to meet the needs of our customers—both jobseekers and employers," says Smith. "This arena is governed by relationships and reputation within the community…we strongly believe in our company and what we're able to provide."

The next ClearedJobs.Net Cleared Job Fair will be held Thursday, February 7, from 11. a.m. to 4 p.m. at the Westin Hotel in Tysons Corner. For more information, visit the company's website at www.ClearedJobs.net or call 703-871-0037

This special advertising section was written by Carol Sorgen, a freelance writer and editor, in conjunction with the advertising department of The Washington Post and did not involve the news or editorial departments of this newspaper.

SMART WAY TO TURN A PROFIT: The Socialist mayor of Spain's agricultural town of Noblejas plans to combat a high dropout rate in local schools with a unique incentive — pay them a euro for every hour they spend reading in the local library.

World

Thousands Flee Violence in Chad

Gunfire, artillery shells explode across capital in 3rd day of violence

N'DJAMENA, CHAD | Chadian rebels renewed their assault on the capital of this oil-rich central African country Monday, and tens of thousands of people fled as gunfire crackled and artillery shells exploded across the city.

The third day of fighting in N'Djamena threatened to further destabilize an already violent swath of Africa that is home to hundreds of thousands of refugees and borders Sudan's war-ravaged Darfur region.

Hours after the rebels went back on the attack following an overnight retreat, the U.N. Security Council authorized France and other nations to help Chad's government.

France has 1,800 soldiers backed by fighter jets based in its former colony, but French officials said there were no immediate plans to take on the insurgents. Referring to the U.N. authorization, Foreign Minister Bernard Kouchner said, "I hope that we won't have to use it."

U.S. DIPLOMATS LEAVE

→ The U.S. has abandoned its embassy in Chad, evacuating all but four diplomats who are now stationed at the N'Djamena airport. The downtown embassy was hit by indirect fire during weekend clashes.

There were fears of a wider regional conflict. Chadian officials have repeatedly accused Sudan's government of supporting the rebels, and one senior general threatened to attack Sudan in retaliation. Sudan's leadership denied involvement.

The fighting in N'Djamena was believed to have taken a heavy toll. Bodies lay on the streets and the hulks of burned out tanks and other vehicles stood abandoned.

About 1,000-1,500 insurgents with pickup trucks mounted with machine guns arrived on the city's outskirts Friday after a three-day push across the desert from Chad's eastern border with Sudan. They entered the city early Saturday, reportedly trapping President Idriss Deby in his palace. TOM MALITI (AP)

BOGOTA, COLOMBIA | THOUSANDS PROTEST FARC

FERNANDO VERGARA/AP

RALLY AGAINST REBELS: Demonstrators protest the Revolutionary Armed Forces of Colombia on Monday. Millions of people around the world marched in rallies to demand that the rebel group free its hostages.

Kenya Rivals Pledge Aid for Citizens

NAIROBI, KENYA | Kenya said violence over disputed elections had eased enough to lift a monthlong ban on live television broadcasts, while the country's political rivals sat down for new talks Monday despite the withdrawal of a leading mediator.

Former U.N. Secretary-General Kofi Annan brought Kibaki and his chief rival, Raila Odinga, together for more negotiations. The two sides signed a two-page agreement pledging to help people return to their homes safely and provide food and shelter for the displaced.

They also welcomed a U.N. human rights team to investigate the violence, and agreed on the establishment of a truth and reconciliation commission.

Both sides have expressed trust in Annan's efforts, but chief mediator Cyril Ramaphosa — Annan's choice — withdrew from the process because of objections by Kibaki's government and ruling party.

Ramaphosa, a South African businessman, said he could not function as mediator "without the complete confidence" of both parties. MATTI HUUHTANEN (AP)

In Brief

ANJUM NAVEED/AP

Officials examine a damaged bus at the site of suicide bombing in Rawalpindi.

ISLAMABAD, PAKISTAN

Suicide Bomber Kills 6 In Attack on Military Bus

A suicide bomber blasted a military bus Monday in the northern city of Rawalpindi, killing six people. A military statement said 38 people were wounded in the blast when a suicide bomber rammed his motorbike into the bus carrying military personnel to work. (AP)

COLOMBO, SRI LANKA

Anniversary Celebration Is Marred by Bus Bombing

Sri Lanka celebrated its 60th independence anniversary Monday with a display of military might, but suspected rebels marred the holiday with their own show of power, killing 13 passengers in a bus bombing. (AP)

Department of Health & Human Services (DHHS)
National Institutes of Health (NIH)
National Heart, Lung, and Blood Institute (NHLBI)
Pulmonary and Vascular Medicine Branch
Bethesda, MD

Asthma Treatment Trial

Patients with asthma who are taking inhaled corticosteroids may be eligible to participate in a study at the NIH Clinical Research Center. The purpose of this study is to determine if a widely used agent for diabetes can improve asthma. Eligible patients will receive a comprehensive evaluation at the Clinical Research Center in Bethesda, Maryland. There is no cost for participating in the study.

For further information, please contact our research coordinator, toll free, at **1-877-NIH-LUNG (1-877-644-5864)**, extension 2 or via e-mail at **LungStudy@nhlbi.nih.gov**. You may also contact the NIH Patient Recruitment and Public Liaison Office via TTY 1-866-411-1010.

Drink Alcohol?

Do you drink most days?
Are you between the ages of 21 and 45 and medically healthy?
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For more information, call the laboratory of Clinical and Translational Studies at 301-496-7513.
All calls are confidential.

Herniated Disc Technology Discovered by Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression successful in treating debilitating back pain.
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or for other studies: www.clinicaltrials.gov

The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
NIMH National Institute of Mental Health

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EXPATS ARE FIRST AT THE POLLS: Hundreds of thousands of Democrats living overseas started voting Tuesday in the U.S. presidential primary, with the first ballots cast at the stroke of midnight in Indonesia. Americans in more than 30 nations will vote in primaries over the next week — at places including a pub in Ireland and a Starbucks in Thailand.

Suicide Attack Fuels Fear in Israel

Palestinian bomber kills 1 in country's first assault in a year

DIMONA, ISRAEL | A Palestinian bomber blew himself up Monday in this desert town near Israel's nuclear reactor, killing an Israeli woman and wounding 11 people in the first suicide attack inside Israel in a year.

Police killed a second attacker after a doctor found a suicide vest while treating him for wounds suffered in the blast.

The attack fueled Israel's fears that Gaza militants would exploit a border breach with Egypt to sneak into Israel. Militants claimed the bombers entered Israel through the porous Egyptian border, about 35 miles from Dimona, and said more militants were inside Israel waiting to strike.

DIEGO MITERBRG/AFP/GETTY IMAGES

Medical workers bring an injured man into a hospital in Beer Sheva, Israel, Monday. A suicide attack in the town of Dimona killed an Israeli woman and injured 11.

In Gaza, relatives of the bombers passed out sweets to celebrate the bombing.

An offshoot of Palestinian President Mahmoud Abbas' Fatah movement claimed responsibility, threatening to complicate recently revived peace talks.

Abbas condemned the violence from his West Bank stronghold. Israeli officials said peace talks with Abbas would continue but vowed to push forward with the country's military campaign in Gaza.

Monday's attack was the first in Dimona, a town in the Negev desert that houses Israel's nuclear reactor.

The explosion took place in a shopping center about six miles from the facility. LAURIE COPANS (AP)

Turkish Planes Hit 70 Kurdish Rebel Targets

ISTANBUL, TURKEY | Turkish warplanes attacked dozens of Kurdish rebel targets in Iraq on Monday as part of a U.S.-backed campaign to chip away at guerrilla strength while avoiding the risks of a ground-based offensive across the border.

The planes hit 70 targets that were "detected and verified by intelligence sources," the Turkish military said in a possible reference to the U.S. intelligence it is receiving.

The Turkish government has fought for more than two decades against Kurdish rebels who seek autonomy in southeastern Turkey. For years, the PKK rebel group has launched attacks into Turkish territory from virtual safe havens in northern Iraq. CHRISTOPHER TORCHIA (AP))

Save the Planet PROTEST

Against THE DISCOVERY CHANNEL

The Discovery Channel has many so-called "Environmental Programs" that are supposedly there to save the planet. The strange thing is that things are getting WORSE! Their programs are not working to save the planet. If something is not working, then it must be changed. If their programs were working, then we should see the planet improving when we watch the news or read the newspapers. **It's not.** They are ineffective and are deliberately showing ineffective shows to make it appear something is being done when that's not the truth. The reason they continue broadcasting shows that don't work is because we don't say anything. Only we, the people, can demand change. Only we can demand from the world that they start making positive changes starting with Discovery Channel's programming. If there is ANY network whose responsibility is to save the planet, it's the Discovery Channel's. We would like to 'discover' new ways to live and 'invent' new ways to save this planet called Earth. The debate about the state of the planet is over. Global Warming is a reality. Animal species going extinct IS happening. If nothing is done so may we; now begins the debate on how to save the planet, join me there to demand change!

Protest 9am-9pm February 15 to February 23, 2008
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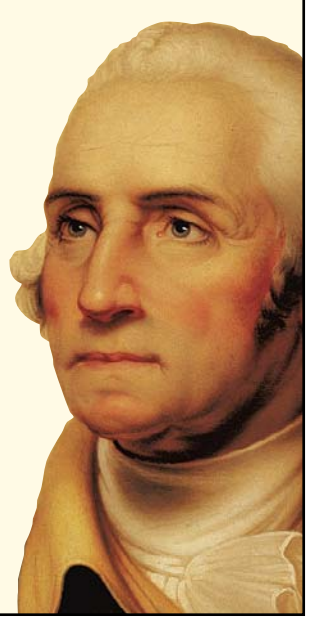

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World

Staying Healthy Is Pricey

Thin, fit people live longer, boosting health care costs, study finds

LONDON | Preventing obesity and smoking-related health problems can save lives, but it doesn't save money, researchers reported Monday.

It costs more to care for healthy people who live years longer, according to a Dutch study that counters the common perception that preventing obesity would save governments millions of dollars.

"It was a small surprise," said Pieter van Baal, a Dutch economist who led the study. "But it also makes sense. If you live longer, then you cost the health system more."

In a paper published online Monday in the Public Library of Science Medicine journal, Dutch researchers found that the health costs of thin and fit people in adulthood are more expensive than those of either fat people or smokers.

The researchers found that from age 20 to 56, obese people racked up the most expensive health costs. But because both the smokers and the obese people died sooner than the healthy group, it cost less to treat them in the long run. MARIA CHENG (AP)

IRAQ | HUNGRY FELLAS

MAYA ALLERUZZO/AP

SNACK TIME: U.S. Army Staff Sgt. William Lambert, 30, from Plainview, Ark., shares some of his food with a boy in Arab Jabour, Iraq, on Monday.

PACK LIGHT: United Airlines will begin charging passengers $25 to check in a second piece of luggage for domestic travel if they are not part of its frequent-flier programs, the airline announced on Monday.

Money

Microsoft: Yahoo Bid Good for Competition

Company pushes back against criticism from online leader Google

SAN FRANCISCO | Microsoft Corp.'s proposed purchase of Yahoo Inc. would establish the world's largest software maker as a "strong No. 2 competitor" against online search leader Google Inc., Microsoft CEO Steve Ballmer said on Monday.

Speaking to a group of analysts in New York, Ballmer said the acquisition of Yahoo would raise competition, rather than eliminate it, in the Web search and advertising market.

"Google's clearly got a dominant position. They've got about 75 percent of paid search worldwide," Ballmer said. "We think this enhances competition. Anything else would be less good from that perspective."

42

The amount, in billions of dollars, of Microsoft's bid for Yahoo. The offer is a direct challenge to Google.

On Sunday, a Google executive said Microsoft could use the acquisition to gain too much control over the Internet, underscoring the online search leader's queasiness about its two biggest rivals teaming up.

Google's opposition isn't a surprise, given that Microsoft views Yahoo as a crucial weapon in its battle to gain ground on Google.

MICHAEL LIEDTKE (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
GreenbCos	24.75	+3.99	+19.2
Keithley	11.86	+1.29	+12.2
Centerline	7.00	+.66	+10.4
StarGas	3.90	+.34	+9.6
Valassis	10.30	+.79	+8.3

Losers

DollarTh	16.40	-9.62	-37.0
HovnanE	10.39	-1.70	-14.1
AmbacF	11.39	-1.81	-13.7
Meritage	15.06	-2.23	-12.9
Talbots	8.25	-1.19	-12.6

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
SigmaTel	2.94	+1.15	+64.2
ChinaPStl	5.91	+1.67	+39.4
BakersFt	3.90	+.93	+31.2
Achillion	6.60	+1.22	+22.7
Iomai	.88	-.08	-8.3

Losers

PathBcp	10.05	-2.45	-19.6
ColdwtrCrk	5.76	-1.27	-18.1
Penwest	4.35	-.95	-17.9
BnkUtd	6.71	-1.28	-16.0
BeasleyB	4.75	-.90	-15.9

DOW	NASDAQ	S&P 500
-108.03	-30.51	-14.60
-0.85	-1.26	-1.05
12635.16	2382.85	1380.82

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	47.18	-.18	+1.6
Amylin	32.04	+.23	-13.4
BiogenIdc	63.29	+1.53	+11.2
BioMarin	38.68	+.82	+9.3
Celgene	57.29	-2.41	+24.0
ChRvLab	64.00	+1.20	-2.7
GenProbe	57.61	-.76	-8.5
Genentch	71.49	+.68	+6.6
Genzyme	78.12	+.52	+4.9
GileadSci s	46.29	+.36	+.6
Illumina	64.89	-2.70	+9.5
Imclone	42.51	-.33	-1.1
Invitrogn	85.00	-.16	-9.0
MillPhar	15.00	-.36	+.1
QIAGEN	20.76	-.03	-1.4

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	6.00	6.50
Fed Funds close	3.06	3.44
3-month disc	2.23	2.33
2-year	2.04	2.17
10-year	3.64	3.58
30-year	4.37	4.28

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5067	.5082	.5083
Canadian Dollar	.9935	.9938	1.1859
European Euro	.6746	.6755	.7712
Japanese Yen	106.75	106.47	121.07
Mexican Peso	10.7927	10.8049	10.9324
Taiwanese Dollar	32.05	32.11	32.93

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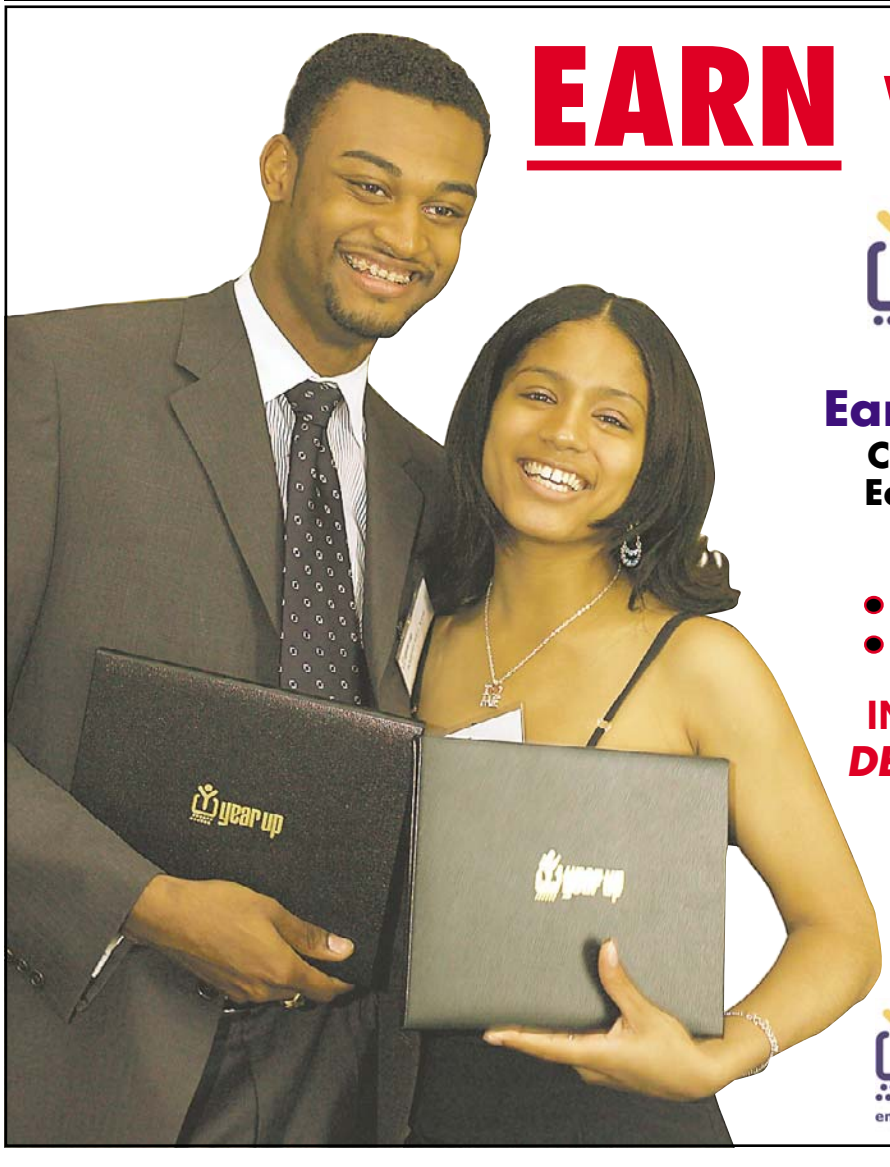

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X017b 5x1.5

21.7 | **The amount of crabs, in millions of pounds,** in the Maryland blue crab harvest in 2007, according to the Maryland Department of Natural Resources. Officials say that number is only slightly more than the state's lowest recorded harvest in 2000 of 20.2 million.

Local

In Brief

TOWSON, MD.

Md. Teen Held Without Bail In Death of Parents, Siblings

Bail was denied Monday for a 15-year-old Boy Scout charged with killing his parents and two brothers in their upscale suburban Baltimore home. Attorneys for Nicholas Browning had asked for $1 million bail for the honor student, citing his lack of a prior criminal record and exemplary academic background. (AP)

ANNAPOLIS, MD.

O'Malley and Grasnick Put Longtime Feud Behind Them

Gov. Martin O'Malley, shaking hands with the state schools superintendent he has described as "a pawn of the Republican Party", said Monday he has asked lawmakers not to move forward with legislation that could have shortened her recently renewed contract. O'Malley, a Democrat, and Nancy Grasmick have been at odds since his time as mayor of Baltimore. (AP)

RICHMOND, VA.

Kaine Considers Dulles Tweak for Federal Funding

Gov. Timothy M. Kaine said Monday he is willing to discuss tweaking plans for extension of Metrorail to Dulles International Airport if it leads to federal funding. Kaine and members of the Virginia congressional delegation discussed the $5 billion project during a meeting to review major 2008 federal legislative priorities. While Kaine said the project could go forward without federal funding, it could mean raising money through tolls. (AP)

RICHMOND, VA.

Va. Health Officials Note Racial Disparity in HIV/AIDS

Virginia health officials say there are disparities between blacks and whites in reported cases of HIV/AIDS. The Virginia Department of Health reports that in 2005, black males in Virginia were nine times more likely to be diagnosed with HIV/AIDS than white males, and black females were four times more likely than white females. National Black HIV/AIDS Awareness Day is Thursday. (AP)

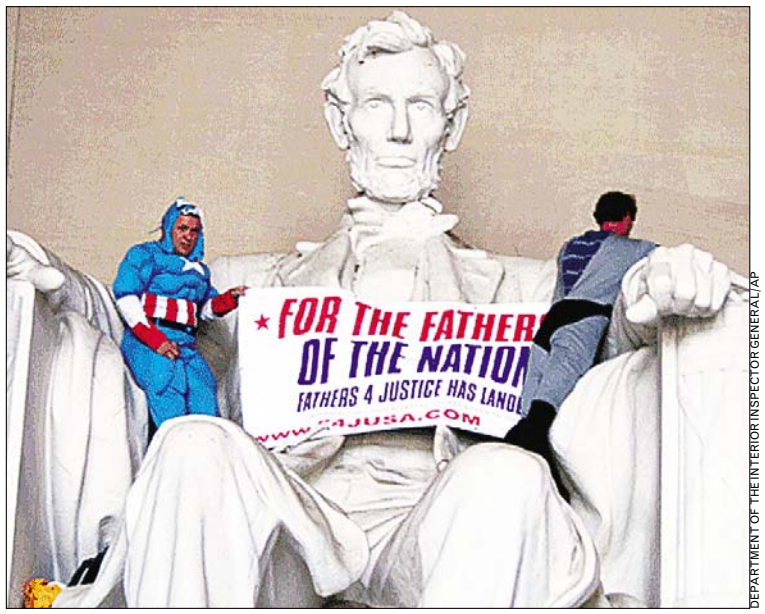
Report: U.S. Park Police Inadequate

Monuments deemed vulnerable due to lack of staffing, training

WASHINGTON | Chronic understaffing at the U.S. Park Police and a lack of coordination and training have left national icons like the Washington Monument and the Statue of Liberty vulnerable, according to a government report on the Park Police released Monday.

The 40-page assessment by the Interior Department's inspector general accuses the Park Police of an "overall lack of commitment to its icon security responsibilities."

"We found that despite having increased security and law enforcement responsibilities since the events of September, 11, 2001, USPP's staffing levels are lower now than they were 6 years ago," the report states.



DEPARTMENT OF THE INTERIOR INSPECTOR GENERAL/AP

A report released Monday about the U.S. Park Police includes this photograph from 2007 of two unidentified protesters climbing unimpeded on the Lincoln Memorial.

David Barna, a spokesman for the National Park Service, which includes the Park Police, said the service takes the report seriously.

According to the report, the Park Police have no comprehensive program for guarding national landmarks. There frequently are not enough people to fill all the posts, and sometimes posts are assigned to officers who are on leave, the report says.

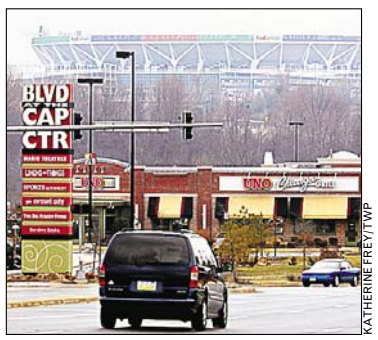
The Park Police often rely on private security companies, but there is little coordination between the private guards and the officers, the report said. Officers told the investigators that many of the guards don't speak English. SARAH KARUSH (AP)

3 Killed at Md. Pizzeria During Super Bowl

Men fatally shot after argument breaks out in Largo restaurant

LARGO, MD. | Three men were shot and killed Sunday after an argument broke out in a restaurant while the Super Bowl was being shown on television, police said.

The shooting happened about 9:15 p.m. at Uno Chicago Grill restaurant, which is part of a dining, shopping and entertainment complex near FedEx Field in the Largo area, county police said. Two of the men were shot in the bar area of the restaurant, and the third man was shot outside in a parking lot.



KATHERINE FREY/TWP

Three men were fatally shot at the Uno Chicago Grill in Largo, Md., on Sunday.

Police believe all three men were killed by a single shooter. No arrests have been made. (AP)

D.C. Cabdrivers Hold New Strikes

WASHINGTON | District of Columbia taxi drivers on Monday held the first of what organizers said would be weekly strikes protesting the mayor's decision to require meters in cabs beginning in April.

It was unclear exactly how many cab drivers were participating in the 12-hour strike, which began at 7 a.m. William J. Wright, president of the Taxicab Industry Group, estimated that 90 percent of the city's approximately 7,500 drivers were staying off the streets.

The time-and-distance meter system for calculating fares, begins April 6. Drivers, however, worry the change will cause a loss of business because passengers no longer will be able to predict their fares. (AP)

The Lotteries

Monday, Feb. 4

DISTRICT	
Mid-day Lucky Numbers	2-8-7
Mid-day DC 4	9-9-5-8

MARYLAND	
Mid-day Pick 3	1-5-3
Mid-day Pick 4	8-6-0-0

VIRGINIA	
Mid-day Pick 3	8-8-3
Evening Pick 3 (Sun.)	0-6-7
Mid-day Pick 4	6-5-7-2
Evening Pick 4 (Sun.)	2-3-7-2
Mid-day Cash 5	6-11-14-27-34
Evening Cash 5 (Sun.)	1-2-15-29-30

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Sports

BOSTON HAS THAT GOING FOR IT: New York City will hold a ticker-tape parade for the Giants on Tuesday, the same day it's having a presidential primary, because it was the only day that is practical, Mayor Michael Bloomberg said. It'll be New York's first ticker-tape parade since 2000.

Swengali

REDSKINS | BY MATT SWENSON

Spagnuolo May Have Won a Job

STEVE SPAGNUOLO, meet Dan Snyder.

Maybe, just maybe, the Redskins' owner, who is still looking for a head coach, knew what he was doing in waiting to interview the Giants' defensive coordinator before making a decision.

Spagnuolo is all of a sudden the exciting hire Snyder is known for making. That's what happens when you hold the explosive-scoring Patriots to a mere 14 points in the Giants' Super Bowl upset.

To recap, the same Patriots put up 56 points against the Redskins under defensive guru Gregg Williams, who has since been discarded in the head coach search.

Spagnuolo did what no other coordinator could: shut down the Patriots.

Before we get ahead of ourselves with unfair comparisons, though, Williams hardly deserves all the blame in that loss, and Spagnuolo isn't the only person responsible for Sunday's surprise.

Still, Spagnuolo did what no other coordinator could: shut down the Patriots. It helps to have Michael Strahan and Osi Umenyiora, but the defensive scheme seemed far superior to Bill Belichick's game plan. The Giants actually ran Belichick off the field before the game was over.

In Washington, the question now turns to whether Spagnuolo is turned off by a team that has its offensive and defensive coordinators in place already.

If not, it seems hard to imagine Snyder won't be naming the hottest of hot assistants as the Redskins' new coach this week.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Manning Defined by His Final Drive

Quarterback will now be remembered for leading Giants to a win

SUPER BOWL | No matter what Eli Manning does the rest of his life, he will always be a Super Bowl MVP.

Manning defined his career by completing a 13-yard touchdown pass to Plaxico Burress with 35 seconds to play and leading the New York Giants to a 17-14 victory over the New England Patriots on Sunday that will go down as one of the biggest upsets in Super Bowl history.

"That's a position you want to be in," Manning said after accepting the MVP trophy. "You want to have the ball in your hands ... down, where you've got to score a touchdown."

Manning was perfect and a little fortunate in leading the Giants on their game-winning 12-play, 83-yard march that featured a fourth-down conversion, a great escape and phenomenal catch on the same play, and, eventually, the game-winning TD pass.

"That's what quarterbacking is all about," said Archie Manning, the father of Eli and Peyton, who won the MVP last year in Indianapolis' win over Chicago. "Just like Tom Brady is a great quarterback and a great champion — he [Eli] showed it in his drive. There was some time left and Eli, as a young guy, was able to do it. It can define you."

ELSA/GETTY IMAGES

Giants quarterback Eli Manning celebrates after completing a 13-yard touchdown to Plaxico Burress to take the lead in the final minute of Sunday's Super Bowl.

This defining drive came right after Brady moved the Patriots within 2:42 of perfection by throwing a 6-yard touchdown pass to Randy Moss. After the score, defensive end Michael Strahan talked to the offensive line and asked them to pick up the D, which had kept the 12-point underdog Giants in the game by hitting Brady repeatedly over the first 3 ½ quarters.

"We knew that we could make it happen," Manning said.

Manning finished 19 of 34 for 255 yards, two touchdowns and an interception on a play in which Smith bobbled a pass.

Giants center Shaun O'Hara noted that since Manning was taken with the first pick in the 2004 draft, he has been compared to his father, brother and other great quarterbacks around the league, with people always saying how he isn't as good.

"Tonight," O'Hara said, "I think Eli built himself a platform for others to be compared to him."

TOM CANAVAN (AP)

WILD RIDE

Nine wild-card teams have played in the Super Bowl, and now five have won the big one:

- The Giants beat the Patriots 17-14 on Sunday.
- Two years ago, the Steelers beat the Seahawks 21-10.
- The Ravens pounded the Giants 34-7 after the 2000 season.
- Denver beat Green Bay 31-24 in 1997-98.
- After the 1980 season, the Raiders beat the Eagles 27-10.

Questions Lay Ahead of the Patriots

A handful of the team's top stars could leave or retire this offseason

SUPER BOWL | The only perfect thing about the Patriots was their record.

Now they don't even have that.

Dominant in the first half of the season, they survived some close calls afterward. But that finally caught up with them in the Super Bowl and left them facing an offseason of what-ifs and what-will-bes.

What if their offensive line studded with three Pro Bowl players had kept the team's most important player from being knocked down time after time in the most important game?

HARRY HOW/GETTY IMAGES

Asante Samuel, left, and Junior Seau could both leave New England this year.

Will Randy Moss and Asante Samuel leave?

Will Rodney Harrison, Tedy Bruschi and Junior Seau, the three oldest defensive starters, retire?

"I haven't thought about the future. I am having too much fun," said Seau, 39. Losing "will not affect my decision."

Harrison, 35, was beset by injuries in 2006 and 2007. Bruschi, 34, suffered a stroke after the Patriots' last Super Bowl win but returned midway through the next season. Moss, who took a pay cut for a shot at the Super Bowl, may not be back.

"I would love to be in a New England Patriots uniform," he said, "but, if not, the show must go on."

HOWARD ULMAN (AP)

Super Bowl Tops Viewers Mark

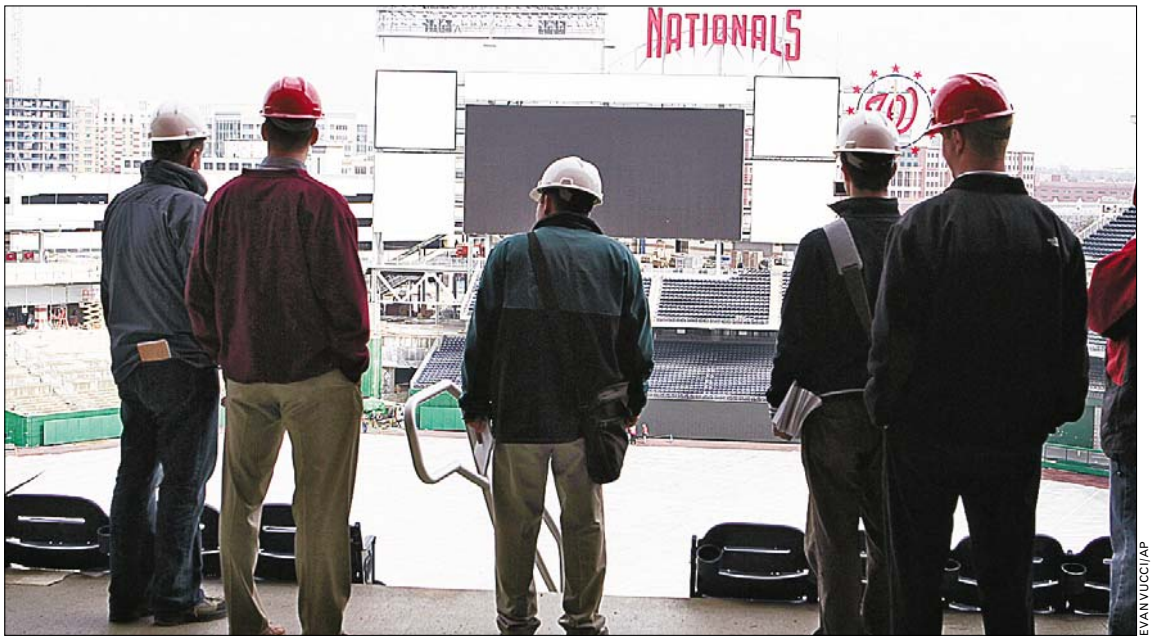
SUPER BOWL | The New York Giants' thrilling win over New England was the most-watched Super Bowl ever with 97.5 million viewers, a total that is second only to the "M*A*S*H" finale audience, Nielsen Media Research said Monday.

The game eclipsed the previous Super Bowl record of 94.08 million, set when Dallas defeated Pittsburgh in 1996. The final "M*A*S*H" episode drew 106 million viewers.

An eye-popping 81 percent of all TV sets on in the Boston area Sunday were tuned in to the game. In New York, the audience share was 67 percent. (AP)

125 | **The record amount, in millions of dollars,** spent on Super Bowl merchandise in 1997. Based on sales on Sunday night, the NFL estimated this year's sales may surpass that mark.

Sports



EVAN VUCCI/AP

A group of reporters take a tour of Nationals Park, which has all the big stuff in place but is missing a lot of the dressing.

Stadium Is Still a Ways Off

Nats working around the clock to ensure it is ready for Opening Day

NATIONALS | Washington Nationals president Stan Kasten had to move a fence out of the way in the middle of the street as he made his way to his team's new ballpark.

"I apologize for this," Kasten said as he slid the obstacle enough for everyone to walk past. "They truly do change the route every day."

Nationals Park opens in less than two months, and, if Monday's tour for reporters is any indication, there is much fast and furious work to be done to make it presentable in time for the nationally televised opener against the Atlanta Braves on March 30.

"I would say, for fans, 95 percent of what they should expect will be here opening day '08," Kasten said. "We're 55 days away. We're going to make it all happen."

The big stuff is in place. The grass has been laid. Most of the 41,000 dark blue seats have been installed. A mammoth scoreboard dominates the view toward right-center field.

But there are stacks of cinder blocks where the "baseball-themed jungle gym" is supposed to go. Wires are dangling along certain walkways. There is wet concrete around one corner, icky mud around the next. Big red X's mark the spots where cherry trees will be planted.

The site has been a beehive of workers since ground was broken in May 2006, and Kasten is confident they will get the job done.

That's not to say that all will go smoothly. Not all the vendors and sponsors will be in place. Statues of local baseball greats Walter Johnson, Josh Gibson and Frank Howard might not be erected on the outfield plaza until next season. The parking situation remains a mess.

In other words, Kasten knows better than to promise a perfect experience from Day 1. After all, he went through much of this before, having overseen the Atlanta Braves' move into Turner Field in 1997.

"We have to see how the stadium works," Kasten said. "We have to see what works here, what works there. There's going to be some learning, but there's also going to be some bugs for that first homestand or so." JOSEPH WHITE (AP)

A Man Without a Team

➜ The Nats paid Jack McGeary a lot of money to go to Stanford and pitch in the minors during his breaks. That means he can't play college ball. | Today, Sports

IN The Washington Post

Pettitte Gives 2.5-Hour Deposition

SUPER BOWL | New York Yankees pitcher Andy Pettitte spoke under oath for about 2 ½ hours Monday with lawyers from a congressional committee looking into drug use in baseball.

After the deposition, Pettitte did not take questions from reporters as he walked out of the offices of the House Oversight and Government Reform Committee. Wearing a pinstriped gray suit and bright striped tie, Pettitte was accompanied by his wife and three lawyers.

His interview is part of preparation for a Feb. 13 public hearing expected to focus on Roger Clemens' denials of allegations about his use of performance enhancers made in the Mitchell Report by former personal trainer Brian McNamee.

Staff members for the committee either declined to comment or did not respond to requests for comment.

Clemens is scheduled to give a deposition to committee lawyers Tuesday, followed by McNamee on Thursday. HOWARD FENDRICH (AP)

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Sports

FREE MONEY: Jailed QB Michael Vick can keep all but $3.75 million of the nearly $20 million in bonus money he received after a ruling Monday by a federal judge. The Falcons sought to recover the bonuses after Vick pleaded guilty to federal charges in a dogfighting operation.

Hoyas' Opponents Are off the Mark

Georgetown leads the nation in field-goal percentage defense

HOYAS HOOPS | Facing the best offensive unit in the Big East, Georgetown knew it would have to get a hand in the face of Seton Hall's shooters on Saturday. When the Hoyas contested an attempt, the Pirates usually missed at Verizon Center. Oddly enough, when Seton Hall got off a clean shot, it still missed more often than not.

"We mixed up our looks," explained Hoyas center Roy Hibbert, who leads the Hoyas against South Florida on Tuesday. "We got them on their heels. We hit the boards. That ultimately won the game for us."

EVAN VUCCI/AP

Seton Hall shot 36 percent in a loss to the Hoyas on Saturday at Verizon Center.

It was Georgetown's fifth-straight victory, and Seton Hall — which averages 82 points per game — scraped its way to 61 points while shooting just 36 percent.

If there is any solace for Pirates coach Bobby Gonzalez, it's that his team isn't alone in struggling against the Hoyas (18-2, 8-1).

For now, Georgetown — aided by opponents' sloppy shooting or not — sits atop the NCAA in field-goal percentage, allowing a minuscule 35.2 percent of successful field goals.

Not coincidentally, only six teams have scored more than 60 points against the Hoyas, who allow the fourth-fewest points in the country (56.9).

"They are the best team in the league, without question," Gonzalez said Saturday. MATT SWENSON (EXPRESS)

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Adrian M. Fenty, Mayor

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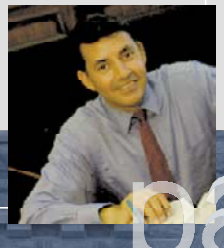

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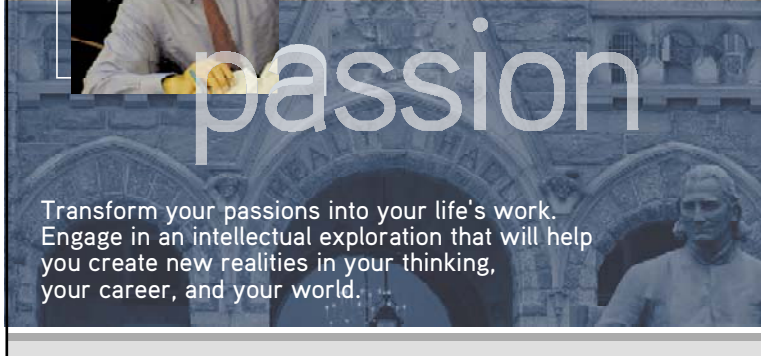

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STOP WHILE YOU'RE AHEAD! OR BEHIND! JUST STOP! Sylvester Stallone has inked a lucrative deal to direct and star in two action films. Several scripts are being considered for follow-ups to his surprise hit sequels to "First Blood" and "Rocky."

Entertainment

Little Voice, Big Steps

Singer Sara Bareilles makes herself heard online and onstage

INROADS | Sara Bareilles was, shall we say, at a disadvantage. It was May 10, 2007. Her debut album, "Little Voice," wouldn't be released on Epic for another two months, and she was opening for Aqualung at the Fillmore in San Francisco.

She was a virtually unknown singer-songwriter about to perform for an audience that was increasingly twitchy to hear the headliner. But once she started her set, the restlessness vanished. She performed her final song, "Gravity," to a coulda-heard-a-pin-drop enraptured audience, which exploded into applause the second she finished.

And, fortunately for Bareilles, a converted Aqualung fan in the audience recorded a video of the song and uploaded it to YouTube. It's this video that Scott Greer, Bareilles' product manager at Epic, plays to the uninitiated. "When I was pitching people, I'd say, 'Hey, you've got to check out this artist on YouTube,'" he says. "I would show it to everybody. When you see her live, she makes believers."

In one deal after another, Bareilles' engaging performance style has lead to nontraditional ways of breaking through to a new audience. From a start on iTunes to a tremendous surge, thanks to a recent ad for Rhapsody, in the six months since her album, "Little Voice," was released, Bareilles has combined old-school stage chops with new-school platforms to great returns.

The singer-songwriter's biggest success that combined these two elements came last December. A catchy clip advertising Rhapsody opens with Bareilles performing "Love Song" at a piano in the living room of a Rhapsody customer. The response to the ad was immediate — the week after it aired, sales of "Little Voice" more than doubled from the previous week to 15,000, according to Nielsen SoundScan. Two weeks after airing, it almost doubled again, to 27,000 copies, and as of January, 206,000 copies of the album have been sold, and Bareilles sits at No. 18 on the Billboard 200.

The temptation, of course, is to call Bareilles an overnight success — and just like all overnight successes, it wasn't as easy or as random as it may seem. "We parked this album in the top 50 before we had impacted radio in any way," Greer says. "This is the story of an artist breaking in the unconventional way. It was about finding the right champions and putting her in front of them." ANN DONAHUE (BILLBOARD)

BILLBOARD

WHATEVER WORKS: Sara Bareilles has used YouTube and television ads to catapult her album, "Little Voice" into the public ear, with a great deal of success.

They Call Him Mellow

Visit that Zen place deep inside with the help of Jack Johnson

MUSIC | "The world has its ways to quiet us down," sings Jack Johnson on "Sleep Through the Static's" philosophical final track, "Losing Keys." Sure, and one of those ways is Jack Johnson.

The eco-activist with the pristine picking style has gained a huge following (he's the first-night headliner at Coachella this year) by doing what a great yoga instructor does — getting fans to take a breath and ponder life's big questions, expanding their minds without strain. He continues this method on his fifth studio effort (in stores today), adding a few gentle pop twists.

You'd expect a smart guy like this to cop from good sources, and he does — "Enemy" recalls vintage Harry Nilsson, "If I Had Eyes" aims for that 1970s sweet spot where Southern rock met bubblegum pop, and "Monsoon" is so John Mayer it hurts.

Johnson and his amiably expert band make these alliances without fuss, always coming back to that loping groove that gets heads bopping. As for the lyrics, they have a certain platitudinous charm. The title song grapples with the war in Iraq; others address parenthood, married life and the death from cancer of Johnson's 19-year-old cousin, Danny Riley, who sang backup on one cut.

ANN POWERS (LOS ANGELES TIMES)

DANNY CLINCH

Sit cross-legged and contemplate life while listening to Johnson's new album.

Today's Top Stops

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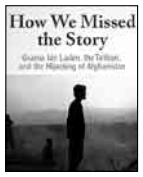
ROY GUTMAN

Ginormous Oversight



1 The Pulitzer Prize-winning author of "Crimes of War: What the Public Should Know," discusses his new book tonight at Politics & Prose. In "How We Missed the Story: Osama Bin Laden, the Taliban and the Hijacking of Afghanistan," Gutman explores the missteps of American foreign policy in the years leading up to Sept. 11, 2001.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*

COURTESY OF ANTICON. RECORDS

SOLE & THE SKYRIDER BAND

Genres Collide

2 Classic battle rapper Sole and the three-piece band Skyrider have merged to become an intriguing mix of strong rhymes backed by a distinctly orchestral sound. Check them out on the Black Cat's backstage with Telephone Tim Jesus and Dumi Right.

→ *Black Cat, 1811 14th St. NW; 9 p.m., $10; 202-667-7960. (U St.-Cardozo)*

FIGHT THE BITE

Malaria Fundraiser

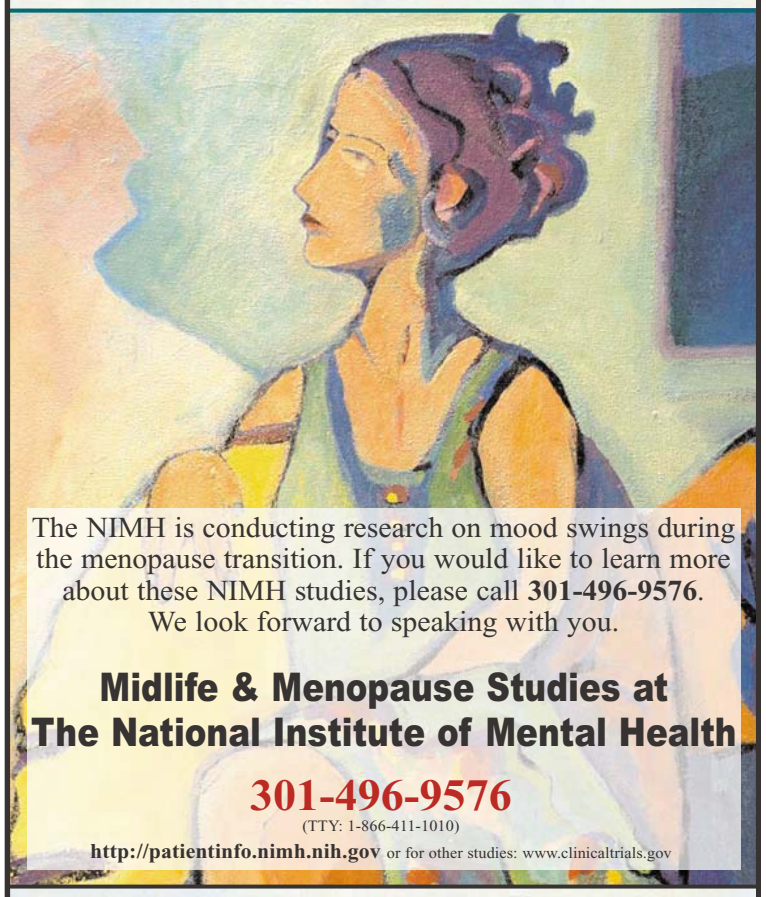
3 The Red Cross urges you to fight malaria (which kills an African child every 30 seconds) tonight. Piola will donate 20 percent of purchases (drink specials and free food until 8 p.m.) to the battle against this disease.

→ *Piola, 1550 Wilson Blvd., Arlington; 4:30-11 p.m., free; 703-528-1502. (Rosslyn)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Midlife, menopause, and mood swings got you down? Call us up and help yourself while helping others.



The NIMH is conducting research on mood swings during the menopause transition. If you would like to learn more about these NIMH studies, please call **301-496-9576**. We look forward to speaking with you.

Midlife & Menopause Studies at The National Institute of Mental Health

301-496-9576
(TTY: 1-866-411-1010)
http://patientinfo.nimh.nih.gov or for other studies: www.clinicaltrials.gov

The National Institute of Mental Health NIMH
National Institutes of Health, Department of Health & Human Services
National Institute of Mental Health

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

Financial compensation will be provided for participation.

Call: **1-800-411-1222**
(TTY: 1-866-411-1010)
http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov

National Institute of Mental Health NIMH
National Institutes of Health, Department of Health & Human Services

Meadowlark Nature Photography Expo

Sat. & Sun., Feb. 9-10, 2008
Hours: Sat: 9-4:30, Sun: 10-4:30

Meadowlark Botanical Gardens-Vienna, VA
Admission $5 Per Day (Children 15 and under free)

Hosted by the Northern Virginia Regional Park Authority and Meadowlark Botanical Gardens

Keynote Presentation
Frans Lanting
LIFE: A Journey Through Time
Fri., Feb. 8, 7:00-9:00 pm
Marriott Hotel, Tysons Corner, VA
$25 - Register at Expo Website ($30 at the Door)

For More Information
www.MeadowlarkPhotoExpo.org

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
701 Seventh St NW — 800-FANDANGO 1721#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
HANNAH MONTANA CONCERT 3D (G) ★ 1050 100 310 520 730 930
STRANGE WILDERNESS (R) - ID REQ'D (1130 150) 400 700 915
OVER HER DEAD BODY (PG-13) (1120 200) 440 715 950
THE EYE (PG-13) (1140 210) 500 745 1015
HOW SHE MOVE (PG-13) (1225 250) 535 800 1020
MEET THE SPARTANS (PG-13) (1240) 310 530 815 1025
UNTRACEABLE (R) - ID REQ'D (1145 215) 445 725 955
RAMBO (R) - ID REQ'D (1210 230) 455 720 945
OC & DA: 27 DRESSES (PG-13) 355 940
CLOVERFIELD (PG-13) (1150) 220 450 740 1005
27 DRESSES (PG-13) (1230) 655
FIRST SUNDAY (PG-13) (1220 245) 540 810 1035
THE GREAT DEBATERS (PG-13) 345 1010
CHARLIE WILSON'S WAR (R) - ID REQ'D (1205 240) 505 755 1030
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1250) 645
MICHAEL CLAYTON (R) - ID REQ'D (1245) 340 710 1000

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington — 800-FANDANGO 377#

Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
OVER HER DEAD BODY (PG-13) (250 520) 750 1020
CLOVERFIELD (PG-13) (1245 310 530) 810 1030
27 DRESSES (PG-13) (115 400) 700 945
FIRST SUNDAY (PG-13) 1015 PM
THERE WILL BE BLOOD (R) - ID REQ'D (1250 425) 800
THE DIVING BELL AND THE BUTTERFLY (PG-13) (105 405) 705 955
SWEENEY TODD (R) - ID REQ'D (125 420) 720
ATONEMENT (R) - ID REQ'D (1235 335) 635 935
JUNO (PG-13) (140 220 415 455) 650 730 1005
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (150 440) 745 1035
RAMBO (R) - ID REQ'D (240 510) 740 925 1010
MICHAEL CLAYTON (R) - ID REQ'D (135 425) 715 1000

BOWIE STADIUM 14
15200 Major Lansdale Blvd — 800-FANDANGO 454#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
HANNAH MONTANA CONCERT 3D (G) ★ 1050 100 310 520 730 940
THE EYE (PG-13) (1145 230 500) 800 1030
OVER HER DEAD BODY (PG-13) (1215 245 515) 800 1020
STRANGE WILDERNESS (R) - ID REQ'D (115 400) 615 830 1045
MEET THE SPARTANS (PG-13) (1100 130 345) 600 815 1045
UNTRACEABLE (R) - ID REQ'D (1130 200 430) 715 945
RAMBO (R) - ID REQ'D (1215 245 500) 745 1015
CLOVERFIELD (PG-13) (1100 130 415) 630 830 1030
27 DRESSES (PG-13) (145 445) 715 1000
FIRST SUNDAY (PG-13) (1130 200 430) 700 930
BUCKET LIST (PG-13) (1200 230 445) 730
JUNO (PG-13) (1200 215 515) 745 1015
THE GREAT DEBATERS (PG-13) (130 345) 645 930
HOW SHE MOVE (PG-13) (415) 915
NATIONAL TREASURE: BOOK OF SECRETS (PG) (115) 645
MAD MONEY (PG-13) 1000 PM

BETHESDA 10
7272 Wisconsin Avenue — 800-FANDANGO 569#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
OVER HER DEAD BODY (PG-13) (115 330 545) 800 1015
THE EYE (PG-13) (245 515) 745 1010
MEET THE SPARTANS (PG-13) (230 445) 700 915
UNTRACEABLE (R) - ID REQ'D (200 430) 730 1000
RAMBO (R) - ID REQ'D (100 315 530) 745 1010
CLOVERFIELD (PG-13) (120 345) 610 815 1020
27 DRESSES (PG-13) (200 430) 715 945
BUCKET LIST (PG-13) (220) 730
THE GREAT DEBATERS (PG-13) (100 400) 700 950
CHARLIE WILSON'S WAR (R) - ID REQ'D (245 515) 800 1020
NATIONAL TREASURE: BOOK OF SECRETS (PG) (440) 950

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy — 800-FANDANGO 690#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
HANNAH MONTANA CONCERT 3D (G) ★ 1050 100 310 520 730 940
THE EYE (PG-13) (1120 1200 150 230 420 500) 700 740 930 1010
MEET THE SPARTANS (PG-13) (1130 200 430) 650 910
STRANGE WILDERNESS (R) - ID REQ'D (1055 115 345) 615 840
OVER HER DEAD BODY (PG-13) (1230 300 530) 805 1035
RAMBO (R) - ID REQ'D (1240 220 350) 620 850
HOW SHE MOVE (PG-13) (1145 210 440) 715 950
UNTRACEABLE (R) - ID REQ'D (1130 205 510) 800 1040
OC & DA: 27 DRESSES (PG-13) (330) 920
27 DRESSES (PG-13) (1245) 635
MAD MONEY (PG-13) 1025 PM
CLOVERFIELD (PG-13) (120 340) 610 830
FIRST SUNDAY (PG-13) (1240 355) 630 905
BUCKET LIST (PG-13) (125 405) 645
CHARLIE WILSON'S WAR (R) - ID REQ'D (1140 450) 750 1030
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1250 415) 720
THE KITE RUNNER (PG-13) 925 PM
MICHAEL CLAYTON (R) - ID REQ'D (110 410) 710 1000

COUNTRYSIDE STADIUM 20
45980 Regal Plaza — 800-FANDANGO 394#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
STRANGE WILDERNESS (R) - ID REQ'D (1220 300 545) 800 1025
OVER HER DEAD BODY (PG-13) (1210 230 500) 745 1015
THE EYE (PG-13) (1130 200 430) 700 920
HANNAH MONTANA CONCERT 3D (G) ★ 1050 100 310 520 730 940
HOW SHE MOVE (PG-13) 850 PM
MEET THE SPARTANS (PG-13) (1215 240 540) 750 1010
UNTRACEABLE (R) - ID REQ'D (1110 145 420) 645 930
RAMBO (R) - ID REQ'D (1230 250 510) 740 1020
MAD MONEY (PG-13) 1000 PM
CLOVERFIELD (PG-13) (1100 110 340 550) 820 1030
27 DRESSES (PG-13) (1255) 625
FIRST SUNDAY (PG-13) 810 1030
PIRATES WHO DON'T DO ANYTHNG: VEGGIE TALES MOVIE (G) (1240 245 515)
THERE WILL BE BLOOD (R) - ID REQ'D (105 445) 830
THE DIVING BELL AND THE BUTTERFLY (PG-13) (1140 215 450) 720 955
BUCKET LIST (PG-13) (115 345) 630 900
THE WATER HORSE: LEGEND OF THE DEEP (PG) (210) 950
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1200 315) 620 915
ALVIN AND THE CHIPMUNKS (PG) (1115 140 400) 615
ATONEMENT (R) - ID REQ'D (1245 330) 635 935
JUNO (PG-13) (1135 150 410) 650 920
ENCHANTED (PG) (1120 440) 710
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (120 415) 715
MICHAEL CLAYTON (R) - ID REQ'D (1250 320) 640 945

ROCKVILLE CENTER STADIUM 13
Rockville Town Center — 800-FANDANGO 248#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
HANNAH MONTANA CONCERT 3D (G) ★ 1050 100 310 520 730 940
THERE WILL BE BLOOD (R) - ID REQ'D (1200 330) 700 1030
THE EYE (PG-13) (1145 230 500) 815 1045
STRANGE WILDERNESS (R) - ID REQ'D (1245 300 545) 800 1015
OVER HER DEAD BODY (PG-13) (1130 200 430) 745 1015
MEET THE SPARTANS (PG-13) (1145 215 445) 715 945
RAMBO (R) - ID REQ'D (1215 245 530) 800 1030
UNTRACEABLE (R) - ID REQ'D (1200 230 500) 730 1000
27 DRESSES (PG-13) (145 430) 745 1020
JUNO (PG-13) (1115 200 415) 700 930
ATONEMENT (R) - ID REQ'D (115 400) 645 930
CLOVERFIELD (PG-13) (1130 145 400) 615 830 1045
BUCKET LIST (PG-13) (1230) 630
NATIONAL TREASURE: BOOK OF SECRETS (PG) (330) 915

FAIRFAX TOWNE CENTER 10
4110 W Ox Road — 800-FANDANGO 670#

HANNAH MONTANA CONCERT 3D (G) ★ 1050 100 310 520 730 940
THE EYE (PG-13) (1120 150 410) 720 1000
THERE WILL BE BLOOD (R) - ID REQ'D (1140 320) 650 1010
NO COUNTRY FOR OLD MEN (R) - ID REQ'D (1200 340) 640 930
MICHAEL CLAYTON (R) - ID REQ'D (1220 330) 700 945
SWEENEY TODD (R) - ID REQ'D (1210 350) 705 1005
MEET THE SPARTANS (PG-13) (1150 210 440) 725 950
I AM LEGEND (PG-13) (1130 200 430) 710
ALVIN AND THE CHIPMUNKS (PG) (1110 130 400)
ENCHANTED (PG) (1100 140 420)
MAD MONEY (PG-13) 630 910
THE ORPHANAGE (R) - ID REQ'D 655 920
HOW SHE MOVE (PG-13) 935 PM

GERMANTOWN STADIUM 14
20000 Century Blvd — 800-FANDANGO 455#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
THE EYE (PG-13) (1215 245 515) 745 1015
THERE WILL BE BLOOD (R) - ID REQ'D (1200 330) 645 1015
OVER HER DEAD BODY (PG-13) (130 430) 715 945
STRANGE WILDERNESS (R) - ID REQ'D (1200 230 500) 730 1000
MEET THE SPARTANS (PG-13) (1230 315 530) 745 1045
RAMBO (R) - ID REQ'D (130 430) 730 1000
UNTRACEABLE (R) - ID REQ'D (145 415) 700 930
HOW SHE MOVE (PG-13) 800 1045
MAD MONEY (PG-13) 945 PM
CLOVERFIELD (PG-13) (100 300 530) 815 1030
27 DRESSES (PG-13) (115) 700
OC & DA: 27 DRESSES (PG-13) (415) 930
JUNO (PG-13) (200 445) 800 1030
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1230 330) 630 915
ALVIN AND THE CHIPMUNKS (PG) (1215 230 445)
ATONEMENT (R) - ID REQ'D (1245 345) 645
BUCKET LIST (PG-13) (1245 400) 630
FIRST SUNDAY (PG-13) 915 PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr — 800-FANDANGO 570#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
STRANGE WILDERNESS (R) - ID REQ'D (215 500) 745 1020
OVER HER DEAD BODY (PG-13) (145 400) 715 945
THE EYE (PG-13) (200 445) 730 1005
MEET THE SPARTANS (PG-13) (230 515) 815 1030
UNTRACEABLE (R) - ID REQ'D (215 500) 745 1015
RAMBO (R) - ID REQ'D (230 515) 800 1025
MAD MONEY (PG-13) (115) 645
CLOVERFIELD (PG-13) (145) 715
27 DRESSES (PG-13) (130 415) 645 930
THERE WILL BE BLOOD (R) - ID REQ'D (100 430) 800
BUCKET LIST (PG-13) (115 345) 630 900
SAVAGES (R) - ID REQ'D (200 445) 730 1010
NATIONAL TREASURE: BOOK OF SECRETS (PG) (100 400) 700 1000
ATONEMENT (R) - ID REQ'D (345) 930
JUNO (PG-13) (130 415) 700 945
OC: CLOVERFIELD (PG-13) (430) 1000

MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

Adv. Tix on Sale SPIDERWICK CHRONICLES (PG) ★
Adv. Tix on Sale FOOL'S GOLD (PG-13) ★
HANNAH MONTANA CONCERT 3D (G) ★ 1050 100 310 520 730 940
STRANGE WILDERNESS (R) - ID REQ'D (1155 205 415) 645 930
OVER HER DEAD BODY (PG-13) (1120 150 430) 755 1010
THE EYE (PG-13) (1145 210 450) 710 1025
HOW SHE MOVE (PG-13) 1000 PM
MEET THE SPARTANS (PG-13) (1130 155 400) 650 925
UNTRACEABLE (R) - ID REQ'D (1240 350) 625 915
RAMBO (R) - ID REQ'D (1200 215 445) 705 950
CLOVERFIELD (PG-13) (1215 230 500) 735 1020
27 DRESSES (PG-13) (1230 435) 720 1005
FIRST SUNDAY (PG-13) 1030 PM
THERE WILL BE BLOOD (R) - ID REQ'D (1105 225) 635 955
BUCKET LIST (PG-13) (220 505) 750 1035
NATIONAL TREASURE: BOOK OF SECRETS (PG) (1220 340) 715
ALVIN AND THE CHIPMUNKS (PG) (1150) AM
ATONEMENT (R) - ID REQ'D (1210 335) 630
JUNO (PG-13) (1140 200 425) 745 1015

Times Fri 02/08/08 — Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply

BEHIND EVERY DINO-GEEK IS A GOOD WOMAN: "Land of the Lost" has landed a female lead, "Pushing Daisies"'Anna Friel, to star as Will Ferrell's love interest (he will play a disgraced paleontologist) in the forthcoming adventure fantasy.

Entertainment

How to Have a Super Fat Tuesday

The Going Out Gurus share their wisdom on Mardi Gras fetes

EVENTS | Mardi Gras and Super Tuesday fall on the same day this year, pitting policy wonks who want to follow election results in their favorite bar against drunks who just want another hurricane and whether you want to "earn" a string of plastic beads.

New Orleans' Abita Brewery was wrecked by Hurricane Katrina, but it's now back producing great beers like Purple Haze. That beer is one of four featured tonight during Rustico's "keep the glass" beer happy hour, along with Troeg's Nugget Nectar, Eggenberg's Samiclaus and Victory's Donnybrook Stout.

The happy hour for tonight's Mardi Gras on U Street will kick off with classic Preservation Hall-style horn-driven jazz, which is quite fitting for the historic Bohemian Caverns. The New Orleans/D.C. parallels continue later as XM Radio's DJ Rik Ducci takes over the decks to drop some authentic New Orleans bounce, raw club music that is as fiercely regional and tied into the local identity as go-go is to Washington. Hit up mardigrasonu.com for the $10 advance tickets.

What gave harmonica player Malkum Gibson the blues? Certainly not his career: He's performed alongside Buddy Guy, Taj Mahal and BooZoo Chavis, and his debut album, "Just the Blues," was produced by the great B.B. King. Gibson and his bluesy Mighty Juke Band are featured tonight at Madam's Organ's Mardi Gras party, along with $3 Budweiser beers and $5 Bacardi cocktails. Yes, there's a bead contest, with a $100 prize.

One place mixing politics and Fat Tuesday is the Ugly Mug, where the Super Fat Tuesday party offers $3 Captain Morgan hurricanes in either red or blue cups so you can show your true colors. Oh, and they'll have "plenty of beads!" FRITZ HAHN AND RHOME ANDERSON (WASHINGTONPOST.COM)

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AMC Best Picture Showcase Saturday, February 23rd, see all 5 Oscar® nominees for $30
check www.amctheatres.com for participating theatres.

AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL 3D
HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DISNEY DIGITAL 3D EXPERIENCE $15 (G) ✓ 3:00, 5:15, 7:30, 9:45
THE EYE (PG13) ✓ 1:55, 4:20, 7:00, 7:55, 9:35, 10:30
OVER HER DEAD BODY (PG13) ✓ 2:50, 5:20, 7:50, 10:20
STRANGE WILDERNESS (R) ✓ 2:40, 5:00, 7:20, 9:40
HOW SHE MOVE (PG13) 2:05, 4:35, 7:00, 9:20
MEET THE SPARTANS (PG13) 1:20, 3:35, 5:55, 8:20, 10:35
MICHAEL CLAYTON (R) 3:20, 6:15, 9:05
RAMBO (R) 2:20, 4:50, 7:15, 9:30
UNTRACEABLE (R) 2:25, 5:05, 7:35, 10:10
27 DRESSES (PG13) 1:50, 4:25, 7:05, 9:50
CLOVERFIELD (PG13) 2:35, 4:55, 7:10, 9:15
MAD MONEY (PG13) 2:00, 4:30, 7:15, 9:45
THE BUCKET LIST (PG13) 2:45, 5:10, 7:40, 10:05
FIRST SUNDAY (PG13) 2:55, 5:25, 7:55, 10:25
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:30, 3:40, 5:50
CHARLIE WILSON'S WAR (R) 8:05, 10:30
NATIONAL TREASURE: BOOK OF SECRETS (PG) 3:10, 6:20, 9:10
ALVIN AND THE CHIPMUNKS (PG) 1:00, 3:15, 5:40
AMC SELECT
NO COUNTRY FOR OLD MEN (R) 1:25, 4:15, 7:10, 10:00
THERE WILL BE BLOOD (R) 2:30, 6:05, 9:25
ATONEMENT (R) 12:55, 3:50, 6:45, 9:50
THE DIVING BELL AND THE BUTTERFLY (PG13) ✓ 12:50, 3:35, 6:10, 9:00
JUNO (PG13) 2:10, 4:40, 7:05, 9:55
JUNO (PG13) [DVS] [CC] 2:10, 4:40, 7:05, 9:55

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL 3D
HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DISNEY DIGITAL 3D EXPERIENCE $15 (G) 12:45, 3:00, 5:15, 7:30, 9:45
THE EYE (PG13) 12:30, 3:05, 5:35, 8:00, 10:25
OVER HER DEAD BODY (PG13) 12:55, 3:10, 5:40, 8:05, 10:30
STRANGE WILDERNESS (R) 2:30, 4:45, 7:05, 9:20
MEET THE SPARTANS (PG13) 12:50, 2:50, 5:00, 7:10, 9:25
RAMBO (R) 2:00, 4:20, 6:45, 9:10
UNTRACEABLE (R) 2:35, 5:05, 7:35, 10:10
27 DRESSES (PG13) 1:25, 4:10, 7:00, 9:55
CLOVERFIELD (PG13) 2:20, 4:35, 6:50, 9:05
CLOVERFIELD (PG13) [CC] 2:20, 4:35, 6:50, 9:05
THE BUCKET LIST (PG13) 2:25, 4:55
CHARLIE WILSON'S WAR (R) 2:45, 5:20, 7:55, 10:25
AMC SELECT
NO COUNTRY FOR OLD MEN (R) 7:20, 10:15
THERE WILL BE BLOOD (R) 3:25, 6:55, 10:20
ATONEMENT (R) 1:05, 4:05, 10:20
JUNO (PG13) 1:05, 3:15, 5:45, 8:15, 10:30

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
NO COUNTRY FOR OLD MEN (R) 1:50, 4:40, 7:40
THERE WILL BE BLOOD (R) 2:00, 5:10, 8:10
ATONEMENT (R) 1:30, 4:10, 7:00
THE DIVING BELL AND THE BUTTERFLY (PG13) 2:30, 4:50, 7:20
JUNO (PG13) 2:10, 4:30, 7:10
PERSEPOLIS (PG13) 2:20, 5:00, 7:30
THE SAVAGES (R) 1:40, 4:20, 7:50

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

27 DRESSES (PG13) 1:50, 4:25, 7:15
CLOVERFIELD (PG13) 1:50, 4:15, 7:15
THE BUCKET LIST (PG13) 1:45, 4:35, 7:20
CHARLIE WILSON'S WAR (R) 2:00, 4:25, 7:00
AMC SELECT
JUNO (PG13) 2:15, 4:20, 7:05

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

CLOVERFIELD (PG13) 2:45, 5:30, 8:00

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL 3D
HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DISNEY DIGITAL 3D EXPERIENCE $15 (G) 12:45, 3:00, 5:15, 7:30, 9:45
THE EYE (PG13) 2:40, 5:10, 7:40, 10:10
OVER HER DEAD BODY (PG13) 2:25, 4:45, 7:10, 9:30
STRANGE WILDERNESS (R) 1:00, 3:15, 5:35, 8:00, 10:15
HOW SHE MOVE (PG13) 6:55, 9:25
MEET THE SPARTANS (PG13) 1:20, 3:30, 5:40, 7:50, 10:00
RAMBO (R) 2:10, 4:30, 6:50, 9:10
UNTRACEABLE (R) 1:35, 4:10, 6:40, 9:15
UNTRACEABLE (R) [CC] 1:35, 4:10, 6:40, 9:15
27 DRESSES (PG13) 1:40, 4:20, 7:00, 9:40
CLOVERFIELD (PG13) 1:25, 3:35, 5:45, 7:55, 10:05
THE BUCKET LIST (PG13) 1:30, 4:00, 6:30, 9:00
FIRST SUNDAY (PG13) 7:15, 9:55
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 12:50, 2:55, 5:05
NATIONAL TREASURE: BOOK OF SECRETS (PG) 3:40, 9:35
ALVIN AND THE CHIPMUNKS (PG) 2:05, 4:35
AMC SELECT
ATONEMENT (R) 12:40, 6:35
JUNO (PG13) 2:20, 4:50, 7:20, 9:50

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

THE EYE (PG13) ✓ 12:00, 2:20, 4:45, 7:10, 9:30
OVER HER DEAD BODY (PG13) ✓ 4:30, 7:00
STRANGE WILDERNESS (R) ✓ 5:30, 7:45
HOW SHE MOVE (PG13) 7:25
MEET THE SPARTANS (PG13) 12:20, 2:30, 5:00, 7:30
RAMBO (R) 12:30, 3:00, 5:20, 7:45
UNTRACEABLE (R) 4:45, 7:15
27 DRESSES (PG13) 5:00, 7:35
CLOVERFIELD (PG13) 12:45, 3:15, 5:45, 8:00
NATIONAL TREASURE: BOOK OF SECRETS (PG) 4:15, 7:10
ALVIN AND THE CHIPMUNKS (PG) 5:15

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D
HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DISNEY DIGITAL 3D EXPERIENCE $15 (G) ✓ 12:55, 3:00, 5:15, 7:30, 9:45
THE EYE (PG13) ✓ 1:15, 3:40, 6:05, 8:30
OVER HER DEAD BODY (PG13) ✓ 1:45, 4:15, 7:00, 9:30
STRANGE WILDERNESS (R) ✓ 1:40, 3:55, 6:05, 8:15, 10:25
HOW SHE MOVE (PG13) 5:50, 8:20, 10:35
MEET THE SPARTANS (PG13) 1:25, 3:45, 5:55, 8:10, 10:20
MICHAEL CLAYTON (R) 1:20, 4:05, 7:05, 10:05
RAMBO (R) 1:10, 3:30, 5:45, 8:05, 10:25
UNTRACEABLE (R) 2:05, 4:35, 7:00, 9:35
27 DRESSES (PG13) 1:55, 4:30, 7:10, 9:55
27 DRESSES (PG13) [DVS] [CC] 1:55, 4:30, 7:10, 9:55
CLOVERFIELD (PG13) 1:50, 4:10, 6:25, 8:50
MAD MONEY (PG13) 2:20
THE BUCKET LIST (PG13) 4:50, 7:20, 9:50
FIRST SUNDAY (PG13) 10:10 PM
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:30, 4:40, 7:35, 10:30
ALVIN AND THE CHIPMUNKS (PG) 1:05, 3:35
AMC SELECT
NO COUNTRY FOR OLD MEN (R) 2:00, 7:50
THERE WILL BE BLOOD (R) 2:40, 6:40, 10:00
THE KITE RUNNER (PG13) 5:00, 10:35
ATONEMENT (R) 1:35, 4:25, 7:25
JUNO (PG13) 2:10, 4:55, 7:15, 9:40
THE SAVAGES (R) ✓ 2:30, 5:10, 8:00, 10:30

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

THE EYE (PG13) ✓ 12:00, 2:35, 5:05, 6:30, 7:30, 9:15, 10:15
HOW SHE MOVE (PG13) 12:30, 1:30, 3:00, 4:10, 5:30, 6:50, 7:55, 9:20, 10:20
MEET THE SPARTANS (PG13) 12:05, 2:15, 4:35, 6:55, 9:05
MEET THE SPARTANS (PG13) [DVS] 12:05, 2:15, 4:35, 6:55, 9:05
RAMBO (R) 12:15, 2:45, 5:15, 7:45, 10:05
UNTRACEABLE (R) 12:00, 2:25, 4:45, 7:25, 9:55
CLOVERFIELD (PG13) 12:35, 3:05, 5:40, 8:00, 10:10
MAD MONEY (PG13) 12:20, 2:40, 5:10, 7:35, 10:00
FIRST SUNDAY (PG13) 12:40, 1:35, 3:10, 4:00, 5:25, 6:25, 8:05, 9:00, 10:25
THE GREAT DEBATERS (PG13) 12:25, 3:45, 6:45, 9:45
ALVIN AND THE CHIPMUNKS (PG) 12:10, 2:15, 4:30

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL 3D
HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DISNEY DIGITAL 3D EXPERIENCE $15 (G) ✓ 12:45, 3:00, 5:15, 7:30, 9:45
THE EYE (PG13) ✓ 1:55, 4:35, 7:05, 9:30
OVER HER DEAD BODY (PG13) ✓ 2:35, 5:00, 7:40, 10:00
STRANGE WILDERNESS (R) ✓ 1:05, 3:20, 5:40, 8:05, 10:20
HOW SHE MOVE (PG13) 2:00, 4:25, 6:55, 9:20
MEET THE SPARTANS (PG13) 2:25, 4:50, 7:00, 9:15
MICHAEL CLAYTON (R) 6:50, 9:35
RAMBO (R) 2:45, 5:20, 7:50, 10:10
UNTRACEABLE (R) 2:10, 4:45, 7:20, 10:05
27 DRESSES (PG13) 2:20, 5:05, 7:45, 10:20
CLOVERFIELD (PG13) 1:15, 3:30, 5:45, 7:55, 10:10
CLOVERFIELD (PG13) [CC] 1:15, 3:30, 5:45, 7:55, 10:10
MAD MONEY (PG13) 6:30, 9:00
THE BUCKET LIST (PG13) 2:30, 4:55, 7:35, 10:15
FIRST SUNDAY (PG13) 2:05, 4:40, 7:15, 9:55
PIRATES WHO DON'T DO ANYTHING: A VEGGIETALES MOVIE (G) 1:35, 4:05
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:10, 4:10, 7:10, 10:05
ALVIN AND THE CHIPMUNKS (PG) 1:45, 4:15
I AM LEGEND (PG13) 9:40 PM
AMC SELECT
THERE WILL BE BLOOD (R) 1:00, 4:30, 8:00
ATONEMENT (R) 12:55, 3:50, 6:45
JUNO (PG13) 1:50, 4:20, 6:40, 9:25

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

THE EYE (PG13) ✓ 12:05, 2:20, 4:40, 7:00
STRANGE WILDERNESS (R) ✓ 12:45, 2:55, 5:00, 7:40
MEET THE SPARTANS (PG13) 12:50, 3:00, 5:10, 7:10
UNTRACEABLE (R) 12:10, 2:30, 4:50, 7:20
THE BUCKET LIST (PG13) 12:40, 3:10, 5:30, 8:00
CHARLIE WILSON'S WAR (R) 12:00, 2:40, 5:20, 7:50
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:30, 4:30, 7:30
AMC SELECT
THE KITE RUNNER (PG13) 2:50, 8:10
THE SAVAGES (R) 12:15, 5:40

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D
HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DISNEY DIGITAL 3D EXPERIENCE $15 (G) ✓ 3:00, 5:15, 7:30, 9:45
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RAMBO (R) 1:00, 3:25, 5:50, 8:10, 10:35
UNTRACEABLE (R) 12:45, 3:10, 5:35, 8:10, 10:40
UNTRACEABLE (R) [CC] 12:45, 3:10, 5:35, 8:10, 10:40
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CHARLIE WILSON'S WAR (R) 4:35, 10:00
NATIONAL TREASURE: BOOK OF SECRETS (PG) 4:05, 7:10, 10:15
ALVIN AND THE CHIPMUNKS (PG) 1:55, 4:20
AMC SELECT
THERE WILL BE BLOOD (R) 1:30, 5:05, 8:30
THE KITE RUNNER (PG13) 7:00, 9:55
ATONEMENT (R) 4:50, 7:55, 10:50
JUNO (PG13) 1:00, 3:20, 5:40, 8:05, 10:30

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

MEET THE SPARTANS (PG13) 2:20, 4:40, 7:10
MICHAEL CLAYTON (R) 2:30, 7:40
RAMBO (R) 3:00, 5:30, 8:00
27 DRESSES (PG13) 1:40, 4:20, 7:00
THE BUCKET LIST (PG13) 5:20
FIRST SUNDAY (PG13) 7:45
CHARLIE WILSON'S WAR (R) 2:10, 5:00, 7:30
NATIONAL TREASURE: BOOK OF SECRETS (PG) 1:50, 4:50
AMC SELECT
THE DIVING BELL AND THE BUTTERFLY (PG13) 2:00, 4:30, 7:20

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [DVS] - Descriptive Video Service

Times for Tuesday, February 5, 2008

Television

NEW TV SHOWS WILL BE BORN ONCE AGAIN! Constance Zimmer, pictured, Christina Chang, RonReaco Lee and Justina Machado will co-star in NBC's comedy "The Man of Your Dreams," which will begin production as soon as the writers' strike ends.

Nail-Biter 2008

Election tensions spike as networks clear their schedules

ANGST | The coverage of the Super Tuesday primary elections dominates the network and cable schedules.

ABC has ditched its entire prime-time lineup to begin coverage at 8 p.m., with anchors Charles Gibson, Diane Sawyer and George Stephanopoulos. CBS begins at 9 p.m. NBC and some PBS stations will come on board at 10 p.m. Look for CNN, Fox News and MSNBC to cover the primaries and caucuses all day and evening. BBC America will also provide BBC News coverage of the vote, from 7 p.m. through midnight.

KEVORK DJANSEZIAN/AP

FRENEMIES: Tune into almost any channel to see how Obama and Clinton fair.

Watching the debates over the past months and taking note of the process of attrition and elimination that has reduced the number of candidates, it may be easy for viewers to confuse this stage of the election with "American Idol" or with the NCAA basketball brackets, where 65 boils down to a final four and then a championship game.

There's a good chance that Americans could wake up tomorrow with both parties having chosen their eventual nominee. That's a rather daunting prospect, given that we're just days past Groundhog Day and the election does not take place until early November. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

SAME SHOW, DIFFERENT DAY
Auditions continue on **AMERICAN IDOL** (8 p.m., Fox).

FUZZY SANTA BEARD
An ugly Christmas sweater comes in handy on **REAPER** (8 p.m., CW).

NICELY PRESERVED
"Nova" (8 p.m., PBS) repeats a memorable documentary, **THE MUMMY WHO WOULD BE KING**, about a 3,000-year-old relic that just may be the body of Egyptian royalty.

REFORMED BAD GIRL
The risky past of a publicly pious patient may explain her grim condition on **HOUSE** (9 p.m., Fox).

DOWN BY THE BOG
Mike harvests cranberries on **DIRTY JOBS** (9 p.m., Discovery).

ADAM TAYLOR/NBC UNIVERSAL/FOX

THE OTHER ONE: Laura Silverman (sister of Sarah) guest-stars on "House."

SELF-PROMOTION
Matthew McConaughey promotes "Fool's Gold" and singer Sheryl Crow discusses her new album on the **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

2.5.08		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News (N) CC		NBC Nightly News	Access Hollywood	The Biggest Loser: Couples The teams compete in a cook-off challenge. (N)				Super Tuesday Special (S Live) CC		News (N) CC	Tonight Show
	WTTG 5	News (N)	TMZ (N) CC	The Simpsons	Seinfeld CC	American Idol Audition in Atlanta. (N)		House "Don't Ever Change" (N) CC		News (N)		News (N)	TMZ CC
	WJLA 7	News (N) CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Showdown: Coast to Coast Presidential primaries. (S Live) CC						News (N) CC	Super Tuesday
	WUSA 9	News (N) CC	Evening News	News	Entertainment	NCIS "Chimera" CC		Super Tuesday Primary Coverage (S Live) CC				News (N) CC	Late Show
	WDCA 20	Judge Judy (N)	Judge Joe Brown	King of Queens	King of Queens	Street Patrol (N)	Street Patrol	Jail (N) CC	Jail CC	Every-Raymond	King of the Hill	Law & Order: Criminal Intent CC	
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors MD	Nova CC (DVS)		Frontline (PA) CC (DVS)		Super Tuesday Coverage of the Super Tuesday primaries. (S Live) CC			
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova CC (DVS)		Frontline (PA) CC (DVS)		Super Tuesday Coverage of the Super Tuesday primaries. (S Live) CC			
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! CC (DVS)			Joy of Painting	BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	Family Guy CC	Two/Half Men	Two/Half Men	Reaper "What About Blob?" CC		One Tree Hill "Don't Dream It's Over"		Friends CC	Friends CC	Family Guy CC	Sex and the City
BASIC CABLE	A&E	Cold Case Files CC		CSI: Miami "Kill Zone" CC		The First 48 "Stray Bullet; Payback"		The First 48 CC		Parking Wars (N)	Parking Wars (N)	Parking Wars	Parking Wars
	Animal	The Crocodile Hunter CC		Prehistoric Park "Mammoth" CC		Ferocious African Crocodiles CC		Animal Attacks CC		Animal Precinct (N)		Ferocious African Crocodiles CC	
	BET	106 & Park: BET's Top 10 Live CC			Movie Special (N)	"Uncle P" (2007, Comedy) Master P, Romeo, Cheech Marin. Premiere. CC				Top 25 Dancers of All Time CC		Hell Date CC	Hell Date CC
	Bravo	Project Runway "On Garde!" CC		Project Runway CC		The Millionaire Matchmaker CC		The Millionaire Matchmaker CC		The Millionaire Matchmaker (N) CC		The Millionaire Matchmaker CC	
	Comedy	(5:00) ★★ "The Hebrew Hammer"		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Futurama CC	South Park CC	Jeff Dunham: Spark of Insanity CC		Daily Show	Colbert Report
	Court	World's Wildest Police Videos CC		Cops CC	Cops "Texas"	Cops CC	Cops CC	Most Shocking		The Real Hustle	The Real Hustle	The Investigators	
	Discovery	Cash Cab CC	Cash Cab CC	How It's Made	How It's Made	Dirty Jobs "Buoy Cleaner" CC		Dirty Jobs "Cranberry Farmer" (N)		Some Assembly Required (N)		MythBusters "Killer Brace Position"	
	DISCH	Code Blue "Someone to Lean On"		Trauma: Life in the ER CC		On the Road With 16 Children CC		Amazing Births CC		Paralyzed and Pregnant CC		On the Road With 16 Children CC	
	Disney	Hannah Montana	Hannah Montana	Hannah Montana	Zack & Cody	(:15) ★★ "The Color of Friendship" (2000, Drama) Carl Lumbly. CC				That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
	E!	The Soup	Chelsea Lately	E! News (N)	The Daily 10 (N)	★★ "Nine Months" (1995, Comedy) Hugh Grant, Julianne Moore.				Girl Next Door	Girl Next Door	E! News	Chelsea Lately (N)
	FX	(5:00) ★★★ "Terminator 3: Rise of the Machines"				★★ "The Day After Tomorrow" (2004, Action) Dennis Quaid, Jake Gyllenhaal, Ian Holm.				Nip/Tuck "Lulu Grandiron" (N)		(:05) Nip/Tuck "Lulu Grandiron"	
	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My Kitchen	Desperate Spaces	Open House	House Hunters	Secrets That Sell	House Worth?	Hidden Potential
	Family	8 Simple Rules	8 Simple Rules	Grounded for Life	Grounded for Life	America's Funniest Home Videos		America's Funniest Home Videos		America's Funniest Home Videos		The 700 Club CC	
	History	Lost Worlds "The Pagans" CC		Modern Marvels: Gold Mines CC		The Universe "Dark Matter" CC		The Universe "Space Travel" (N)		Mega Disasters "Alien Infection"		Modern Marvels: Carbon CC	
	Lifetime	Reba CC	Reba "The Will"	Still Standing	Still Standing	Reba CC	Reba CC	"The Interrogation of Michael Crowe" (2002) Ally Sheedy. Premiere. CC				Will & Grace	Will & Grace
	MTV	Dance Crew	Life of Ryan	True Life		True Life		True Life Anger struggles.		Life of Ryan (N)	Rob & Big (N)	Jackass	Jackass
	NICK	SpongeBob	SpongeBob	Ned's School	Zoey 101 CC	Drake & Josh	SpongeBob	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "Learning Curve"		Scary But True	Scary But True	Scariest Places on Earth CC		Scariest Places on Earth CC		ECW What is Punk's next move?		R.O.D. Read or Die	
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: NY "Stealing Home" CC	
	TBS	Friends CC	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy CC	Family Guy CC	Family Guy CC	Family Guy CC	The Office CC	The Office CC	10 Items or Less	Sex and the City
	TLC	Property Ladder CC		Flip That House "Tina; Neil" CC		Area 51: Fact or Fiction CC		LA Ink CC	LA Ink CC	LA Ink "Novelty Girls" Orbi's father.		LA Ink "Novelty Girls" Orbi's father.	
	TNT	Law & Order "Slaughter"		Law & Order "Identity" CC (DVS)		Law & Order "Locomotion"		Law & Order "Captive" CC (DVS)		Bones "The Man in the SUV" CC		Cold Case "The Plan" CC	
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent CC		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Criminal Intent CC	
	VHI	Flavor of Love 3 Casting Special		Celebrity Rehab With Dr. Drew		40 Greatest Pranks				Rock of Love With Bret Michaels		Celebrity Rehab With Dr. Drew	
SPAN.	TELEM	Los Plateados	Noti-Telemndo	12 Corazones		La Traicion		Victoria		Pecados Ajenos		Noti-Telemndo	Super Tuesday
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón		Al Diablo con Los Guapos		Pasión		Aquí y Ahora		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC		College Basketball Michigan at Ohio State. (Live) CC				College Basketball Florida at Tennessee. (Live) CC				SportsCenter (Live) CC	
	ESPN2	NASCAR Now	Rome-Burning	NBA Coast-to-Coast (Live) CC				College Basketball Butler at Valparaiso. (Live) CC				Gamenight	Billiards: Trick
	CSN	SportsNite CC	SportsNite CC	NHL Hockey Washington Capitals at Columbus Blue Jackets. (Subject to Blackout) (S Live)					SportsNite CC	SportsNite (Live) CC		Washington Post Live	
NEWS	CNN	(4:00) The Situation Room		Lou Dobbs Tonight CC		Super Tuesday Primary Coverage Results.							
	FNC	Special Report CC		You Decide 2008 Super Tuesday. (N)									
	MSNBC	Super Tuesday		Super Tuesday		Super Tuesday		Super Tuesday		Super Tuesday		Super Tuesday	
MOVIES	AMC	(5:30) ★★ "The Karate Kid" (1984, Action) Ralph Macchio. 'PG'				★★★ "Enter the Dragon" (1973) Bruce Lee. 'R' CC			(:45) ★★★ "Enter the Dragon" (1973, Adventure) Bruce Lee. 'R' CC				(:45) Red Dawn
	TCM	★★★ "The Sterile Cuckoo" (1969, Comedy-Drama) Liza Minnelli. 'PG'				★★★★ "The Best Years of Our Lives" (1946) Fredric March. Three World War II veterans come home. 'NR' CC						★★★ "All the King's Men" (1949)	
	HBO	REAL Sports With Bryant Gumbel		★ "Code Name: The Cleaner" (2007) 'PG-13' CC			Vince Vaughn	In Treatment	In Treatment (N)	★ "Epic Movie" (2007) Kal Penn. 'PG-13' CC			★ Norbit (2007)
	MAX	Intimate Power 'R'	(:45) ★ "The Return" (2006) Sarah Michelle Gellar. CC			(:15) ★★★ "A History of Violence" (2005) Viggo Mortensen. 'R' CC				★★ "Beverly Hills Cop III" (1994) Eddie Murphy. 'R' CC			Kinky Sex Club
	SHOW	(5:30) ★ "The Zodiac" (2005) 'R'		(:15) ★★ "Failure to Launch" (2006) Matthew McConaughey. 'PG-13' CC				The L Word Jenny throws a party.		★★ "Puccini for Beginners" (2006) Elizabeth Reaser.			Employee-Mnth
	TMC	Conversations	(:20) ★★ "I Love Your Work" (2003) Giovanni Ribisi. 'R'			(:15) "Succubus: Hell-Bent" (2007, Horror) Gary Busey. 'R' CC				"Death to the Supermodels" (2005) Jaime Prossly. 'R'			My Date
	STARZ!	(5:20) ★ "Pulse" (2006) Kristen Bell.		(6:50) ★★★ "Eight Below" (2006, Adventure) Paul Walker. 'PG' CC				★ "Wild Hogs" (2007) Tim Allen. 'PG-13' CC			(:45) ★★★ "The Rock" (1996) Sean Connery. 'R' CC		
	ENCORE	(:15) ★★ "Stick It" (2006, Comedy-Drama) Jeff Bridges. 'PG-13' CC				★★★ "Find Me Guilty" (2006, Crime Drama) Vin Diesel. 'R' CC				(:15) ★★ "Wes Craven's New Nightmare" (1994) Robert Englund. 'R' CC			

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- Free of head trauma
- Free of any psychiatric medications

Transportation reimbursement provided.
Compensation is provided for participation.

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http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov

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National Institutes of Health, Department of Health & Human Services
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PSAV Presentation Services is the leading supplier of audiovisual and event technology to hotels, associations, producers and meeting planners worldwide. We are currently seeking entry level, experienced and management personnel in the Washington D .C . and Northern Virginia marketplace and will be hosting a **JOB FAIR** and Open House to be followed by on-site interviews. **WHEN:** Tuesday February 12, 2008 **WHERE:** Hilton Alexandria Mark Center 5000 Seminary Road Alexandria, VA 22311 **TIME**: 9:00 am, 2:00 pm and 5:00 pm. Please **RSVP** to **1-800-479-1804 ext 2990** as to which session you would like to attend. For more information, please visit our website at **www.psav.com**

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FINANCE

Assistant VP of Financial Operations
Full-time Career Opportunity

Unity Health Care is a multi-site non-profit organization offering a continuum of medical care and human services primarily to the homeless and medically underserved. Serve our mission, vision, values and community by applying for the following career opportunity:

The Assistant VP of Financial Operations acts as a deputy Chief Financial Officer and is responsible for assisting the VP of Financial Operations in the overall the overall financial management of the organization. The position's primary responsibility shall be supervision of the consolidated organization's accounting, budgeting, and applicable reporting functions. Degree in accounting/finance/business administration, Certified Public Accountant or Masters of Business Administration plus significant experience in accounting management. 5-7 years of accounting experience preferably with a minimum of 3 in a Controller/Accounting Manager position or other supervisory position in a similar sized organization.

We offer an attractive benefits and compensation package. For more information please apply online at: **www.unityhealthcare.org, click on Career Center.**

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Alex., VA. Lead cook, prep, util. F/T & P/T. 3yrs. kitch. exp req. Must pass drug & bkgnd. Contact Adam (p)703-212-2831/(f)703-751-4286.

General Jobs - Travel Agents
Needed. Flex hours. Training provided. Health Care benefits. 301-805-8941.

Housekeeping

Office Cleaning

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IT
Full-time Career Opportunities

Unity Health Care is a multi-site non-profit organization offering a continuum of medical care and human services primarily to the homeless and medically underserved. Serve our mission, vision, values and community by applying for the following career opportunities:

The IT Data Analyst is a key member of the team responsible for information system's support for electronic data entry and workflow analysis to support various departments and initiatives. It is anticipated that the IT Data Analyst will support such efforts implementation support and data entry for Unity's practice management and electronic medical records projects. Bachelor's Degree in computer science, statistics, mathematics, or related field or work experience. Required Experience: Minimum of 3 years of related experience in Crystal Reports or similar reporting software. Minimum of 2 years'' experience in a health care institution.

The Information Technology Data Analyst Trainer is responsible for coordinating all aspects of planning, design, development, training, implementation, communication, maintenance, and evaluation of existing or new functionality related to clinical information systems used by Unity in the D.C. Department of Corrections (DOC. Required Education/Required Training: Bachelor's degree in computer science, statistics, mathematics, or related field or work experience.

Required Experience: BA/BS degree in computer science, statistics, mathematics, or related field or work experience. Three (3) or more years of demonstrated experience in Crystal Reports or similar reporting software. Minimum of three (3) years of experience in a health care institution. Experience in Correctional Health is a significant plus.
* For correctional position: correctional experience preferred but not required

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HEALTH CARE

Community Health Center and Correctional Full-time Career Opportunities

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- Physician - Internal Medicine
- Psychiatrist
- Physician Assistant
- Dentist
- Register Nurse (RN)
- License Practical Nurse (LPN)
- Unit Clerk
- Regulatory Affairs Nurse
- Radiologic Technician
- Health Center Director
- Health Educator
- Maintenance Supervisor
- Driver
- Medical Assistants/Floaters
- IT Data Analyst/Trainer
- Dental Assistant
- Pharmacy Technician
- Charge Entry Clerk, Charge Entry Clerk III
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- WIC Nutritionist
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www.unityhealthcare.org Click on Career Center to apply online

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Assistant Restaurant Manager
Responsibilities include assisting in managing operations of the full-service food and beverage outlets, scheduling staff, coordinating special events and training of staff.

Please email your resume and salary requirements to: nas10ch62@yahoo.com.
Please refer to the job title to which you are applying in the SUBJECT field of the email.

EOE

Human Resources-Benefits & Compensation
Full-time Career Opportunity

Unity Health Care is a multi-site non-profit organization offering a continuum of medical care and human services primarily to the homeless and medically underserved. Serve our mission, vision, values and community by applying for the following career opportunity:

The Human Resources Partner-Benefits & Compensation is primarily responsible for designing, planning, and implementing organization benefits and compensation programs, policies, and procedures; reviewing programs, suggesting modifications, and ensuring achievement of competitive market position and other goals identified by the organization; ensuring programs meet employees needs, comply with legal requirements, and are cost effective.

Education/Required Training: Requires a bachelor's degree in a related area. An equivalent combination of education and experience may be considered. **Required Experience:** Minimum 3 years related experience required including the following areas: Compensation and Benefits Administration, HR Generalist, staffing, employee relations, and training & development.

We offer an attractive benefits and compensation package. For more information please apply online at: **www.unityhealthcare.org, click on Career Center.**

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Personal Trainer—Prvt country club in NoVa has an immed opening for a PT personal trainer. Must have national cert. Must work Saturdays. Hourly rate + comm. **Fax resume to 703-521-9280 Attn: Fitness Director.**

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NE

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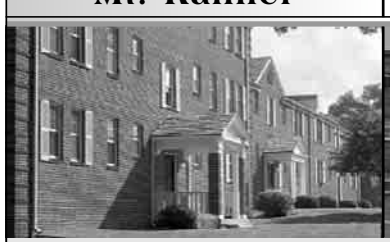

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Volvo 2001 S40 — Sport Edition, $7900 obo,Excellent cond, 74k mi,Sunroof,Beige Lthr,Blue Ext,4 dr, Alloy Wheels,Fog Lights. 240-383-7448

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TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

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Super Tuesday

Local hot spots offer campaign junkies many happy returns

Political Parties

The turnout on Super Tuesday is expected to be large — and not just at polling places.

As anticipation builds over how voters in 22 states will cast their presidential primary ballots, restaurants and bars in the nation's capital are preparing to accommodate those who want to watch the results over patriotic potables.

At Topaz Bar, located in Dupont Circle's Topaz Hotel, bar manager Joseph Norton said he's expecting a politically diverse crowd.

"They tend to sway both ways," he said of the regulars. "For the most part, people are fairly reserved. Not necessarily less passionate — but it's a fairly friendly environment."

Topaz, which was built on a spot where President Theodore Roosevelt once lived, is offering red, white and blue $10 signature campaign cocktails, including the "Independent Player," a refreshing combination of Stoli and aloe vera juice.

If last week's State of the Union address was any indication, there won't be an empty seat tonight at Capitol Hill's Hawk 'n' Dove, said bartender Edgar Gutierrez.

"This place gets packed," he said, adding that despite the bar's location, the crowd is "mainly in agreement" — which means Republicans are in the minority and televisions will be tuned to MSNBC.

With the White House directly across Lafayette Square, the Hay-Adams Hotel's Off the Record bar is not surprisingly also expecting a packed house.

"For us, it's bigger than the Super Bowl," said Wossen Yohannes, a bartender there. The party in power and political wonks from the nearby U.S. Chamber of Commerce tend to make up the clientele, Yohannes said.

Still, the bar's flat screen will probably be showing results from CNN. "We've got a right to decide which channel," he added.

MICHAEL GRASS/EXPRESS

IN COLOR: Red state? Blue state? Alter your state with brightly hued drinks at Topaz.

readexpress.com

Plan your Super Tuesday with an interactive map that plots the bars and pubs listed in this story. | ONLINE NOW

For those interested in a more festive atmosphere, the downtown JW Marriott is transforming its 1331 Lounge into "Super Tuesday Central."

There will be a variety of places to watch the primary results: Guests can belly up to the bar, lounge by a roaring fireplace or retreat to a semi-private area with individual televisions.

Cocktails created just for the evening include the $8 Red Martini, a mix of Absolut Citron, Pama Pomegranate liqueur and sour mix.

And, if hearing Wolf Blitzer all evening long is not your cup of tea, Stetson's, the U Street NW bar, where the Bush twins were spotted allegedly drinking underage back in 2002, might be a good bet.

Televisions downstairs will be muted as patrons participate in the weekly Pub Quiz and happy hour prices continue until 8 p.m.

There's no promise, however, that Blitzer's voice won't be heard from the non-muted televisions upstairs — or from sets across the entire city for that matter.

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LOOK out

The Big Thinkers Club

Science

An international group of inventors celebrates 40 years

A vitamin-laced beer that takes some of the guilt out of drinking, a system to stop would-be car bombers and, yes, even a better mousetrap, are on display as inventors from around the globe gather to revel in thinking outside the box.

It may just be a jam spreader from Taiwan or a "cat averter garbage bag" thought up by an Iranian, but many of the inventors from 27 countries are as enthusiastic about their creations as kids at their first birthday party.

"Every time you give inventors an opportunity to have their ideas seen, that's what starts their blood flowing," said Deb Hess, executive director of the Minnesota Inventors Congress.

More than 150 of their brainchildren are being unveiled at a conference of the International Federation of Inventors' Associations, a Hungary-based group celebrating its 40th anniversary this year.

DAVID LONGSTREATH/AP

Philippine inventor Billy L. Lalang shows off his vitamin beer Saturday in Bangkok.

While many of the inventions are highly technical efforts — possibly breakthroughs — in the fields of medicine, agriculture and environment, crowds Saturday at a cavernous convention center in Bangkok seemed more drawn to displays such as the fail-safe hammock and Vitamin Beer.

"If you are looking for an excuse to take a swig, this is it," said Billy L. Lalang, who concocted a beer mixed with vitamin B, to replace this essential vitamin lost when excessive amounts of alcohol are consumed.

> "Every time you give inventors an opportunity to have their ideas seen, that's what starts their blood flowing."
>
> DEB HESS
> MINNESOTA INVENTORS CONGRESS

Although it has yet to be marketed, this "prophylactic for drinkers" as the Philippine inventor calls it, has won a gold medal at the European Union-sponsored Genius-Europe competition.

Lalang, president of the Manila Innovation Development Society, says he has 42 inventions to his name, including a one-a-day lollipop packed with vitamins and other essentials for undernourished children.

Husein Hujic, secretary-general of the Inventors' Association of Bosnia-Herzegovina, extolled the virtues of a hammock so adaptable to the body's shape that "there is no risk to fall down off the hammock, even if the user is asleep and unconsciously moving."

Hujic, whose inventions include a patented calendar running from Jan. 1 of the Christian era to 4619, spoke so convincingly of the swinging bed — "It takes 600 kilograms [1,320 pounds] — you can put a whole classroom of children into it," he enthused — that someone asked about placing an order.

"Unfortunately, you must come to Bosnia to get one," Hujic said.

From Niger came a pest trap with "automatic rearmament."

The Iranian booth displayed a garbage bag infused with vegetal and chemical ingredients that are said to be harmless to humans or the environment but purportedly ward off cats, thus reducing urban litter.

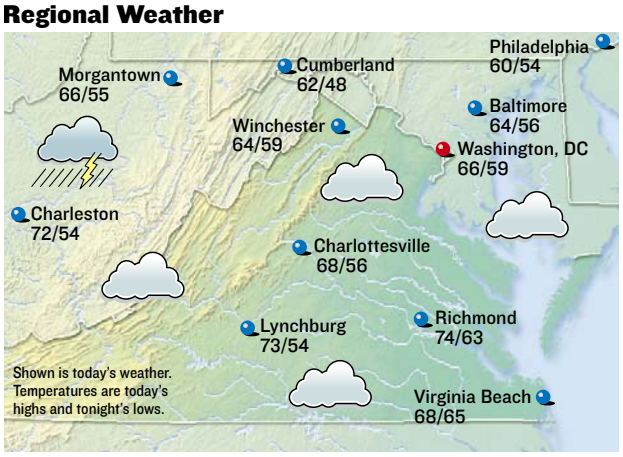
Among the American inventions was an "invisible gym" — an armchair that converts in 30 seconds into an exercise machine for the arms, upper body, legs and thighs. The chair also comes in his and hers configurations.

DENIS D. GRAY (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly cloudy	Partly cloudy, breezy	Cloudy, rain, windy	Mostly sunny	Mostly cloudy	Mostly cloudy
66°	59°	67° / 41°	51° / 33°	50° / 34°	44° / 30°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	54°
Low	40°
Normal high	44°
Normal low	28°
Average humidity	70%

Precipitation

24 hours ending 4 p.m.	0.01"
Month to date	2.06"
Normal month to date	0.37"
Year to date	3.43"
Last year to date	2.55"
Normal year to date	3.58"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

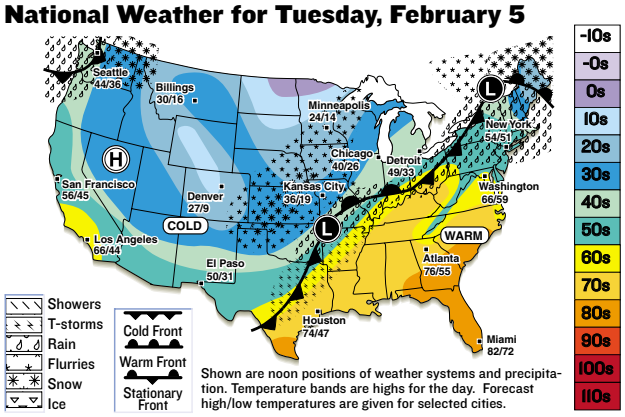
D.C. Metro: Today, mostly cloudy. High 66. Wind southwest 7-14 mph. Tonight, partly cloudy, breezy. Low 59. Wind south-southwest 8-16 mph.

Sun and Moon

Sunrise today	7:11 a.m.
Sunset tonight	5:33 p.m.
Moonrise today	6:26 a.m.
Moonset today	4:05 p.m.

New	First	Full	Last
Feb 6	Feb 13	Feb 20	Feb 28

National Weather for Tuesday, February 5



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	76/55/c	63/35/r
Boston	48/40/r	56/32/r
Chicago	40/26/r	30/20/sn
Dallas	66/34/t	53/34/s
Denver	27/9/pc	38/16/pc
Honolulu	80/70/sh	80/68/c
Los Angeles	66/44/s	66/44/s
Miami	82/72/s	83/67/s
New York City	54/51/r	61/39/r
Orlando	84/63/s	82/61/c
Seattle	44/36/r	43/38/r

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	48/46/c	48/39/sh
Athens	61/48/pc	59/46/t
Berlin	46/39/c	48/36/r
Buenos Aires	91/68/s	95/64/s
Calgary	34/15/c	24/11/c
Dublin	50/37/pc	48/43/pc
Geneva	41/37/c	47/39/c
Moscow	28/23/c	32/21/sf
Rome	55/39/pc	61/41/pc
Sydney	75/70/r	75/70/r
Tokyo	44/34/pc	45/33/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles | Look out

Off the Cuff

There's a fine line not to be crossed when men wear jewelry. Too much is offputting, but a little glimpse of shine under the collar or cuff can be powerful. The jewelry market has changed lots in recent years, partly as hip-hop's influence has expanded. So if you're thinking of giving the man in your life bling this Valentine's Day, don't be blinded by the sparkle. Here's a guide.

starting piece

A WATCH IS THE ENTRY POINT for most men in the jewelry market. It's an item they're expected to wear, but they have it more for show now than practicality. "You don't need one so much," says hip-hop mogul and fashion entrepreneur Russell Simmons, who launched Simmons Jewelry Co. in 2003. "It's more like a bracelet. Men get the time from their phone or their BlackBerry, so now a watch is basically jewelry."

From there, it's not a far leap to a bracelet, says Simmons, who alternates between two — one a malachite-and-rough-diamond bracelet from his company's Green Initiative Collection, the other a steel bracelet with diamonds.

Something smaller like cuff links or a belt buckle, however, will be less showy. "A man can say of these, 'It's jewelry, but it's not what my wife wears,' says Ori Zemer, vice president of Charriol North America, a fine jeweler.

Men who are more comfortable wearing traditional jewelry also might consider a ring, perhaps with nautical-style roping. "The roping is a little rugged," says Zemer. "It works for a man who is going to the office or a construction worker."

make it manly

CELEBRITY STYLIST Mary Alice Stephenson holds up rapper T.I. as an example of jewelry gone right: "He's subtle. He wears one simple chain or a sliver bracelet. More people can pull that off whether you're T.I. or John Doe from Wall Street." It reads confidence, she says.

If the look feels contrived, though, it will stick out — for all the wrong reasons. "People will ask, 'Why is that guy doing it?'" Stephenson says. Earrings, she adds, are among the hardest items for men to wear in a masculine way. True, there are those that look right in them — especially people who fall into the punk or music crowds — but not many suburban guys or even slick urbanites are really part of those worlds, Stephenson says.

"In that world of bands, a lot of the men wear jewelry. It's not in a contrived, teenage angst way. It's an artistic expression in the way they'd wear a tattoo. It feels legitimate."

From Simmons Jewelry Co.: (1) The L.A. bracelet is all linked in. (2) The Cross Pendant necklace will ward off unhip vampires. (3) Russell himself wears his company's Rough Diamond and Malachite bracelet.

shop for a man

SIMMONS THINKS men's jewelry is a category poised for growth because of its gift-item potential. His company commissioned an online survey of 2,327 American adults. It found that 60 percent of the men polled would consider wearing jewelry other than their wedding bands, watches and cuff links — especially if they were given the items by their significant other.

But Charriol's Zemer says that women tend to give more standard items, while a man will buy himself a bracelet or necklace. "They're self purchasers," he says. "They know what they like and they know what they think is cool."

Pay attention to the metal a man chooses for his wedding band since it's likely an indication of what kind of metal he prefers for jewelry, says Detra Segar, vice president and general manager of Tiffany & Co.'s flagship New York store. Keep track of his clothes, too.

"The jewelry he wears should match the style of his clothes," Segar advises. "For example, a dress watch is inappropriate for casual clothes such as a T-shirt. The same is true for a diamond ring. And bracelets with suits should be subtle and discreet." SAMANTHA CRITCHELL (AP)

Beauty

Mark Your Calendars

With the strike on, the Academy Awards show — in its capacity of being TV that is not repeats or reality — is terribly exciting. Adding to the allure: Lorac will release its **BEST DRESSED PALETTE**, created by founder Carol Shaw, the day after (that would be Feb. 25) at Sephora. You can't see it here, but the outside of the compact is a lovely golden fabric. In fact, just skip the show and wear makeup. HOLLY J. MORRIS (EXPRESS)

Food

Carboload for Charity

How do you create a pasta cookbook using recipes from people who won't eat carbs? Barilla faced just such a challenge in creating the free online "**CELEBRITY ITALIAN TABLE**" cookbook (Celebrityitaliantable.com). Essentially, each section contains a famous person's alleged favorite noodle dish (Natalie Portman and Chris Daughtry are among the chosen six), the instructions for which are some variation on "boil water." The rest is by Mario Batali. Downloading the "book" gives a dollar to charity, though. H.J.M.

Look out Online

readexpress.com

site specifics

MUSIC

Pickin' on History

Otis Taylor's songs deal with issues of race, violence and history. But on his new CD, "Recapturing the Banjo," Taylor dedicates himself to showcasing the banjo's African roots. Express contributor Katherine Silkaitis talked to the bluesman who plays Wednesday at State Theatre. | COMING UP

THE DISTRICT

Walk This Way

Tired of having to cross the street when you encounter one of the many "Sidewalk Closed" signs that dot the District due to building construction? Then get ready for happier feet: The D.C. government just made it tougher for building crews to sideline sidewalks. | ONLINE NOW

FREE RIDE

Art in Transit

Recently, Metro has slowly expanded art installations across the system, including two featuring poems by Howard University professor E. Thelbert Miller. Express' Michael Grass reports on how the transit system is being recognized for its commitment to poetry. | ONLINE NOW

comment board

"Other than watching Justin Timberlake get his crotch slammed by a metal pole a few times, the commercials were kind of boring."

COMMENTER BILLOS, WHO ADDED, "[WATCHING] ATHLETES PERFORM AT THE HIGHEST LEVEL IS BETTER THAN ATTEMPTS AT CORPORATE MARKET MANIPULATION ANY DAY."

"The last quarter of the Super Bowl was thrilling to watch — yet I can't remember any ads that caught my attention."

COMMENTER POCHO, WHO ADDED, "[IN MY HOUSE] THE FIRST THREE QUARTERS OF THE GAME WERE SPENT WATCHING THE PUPPY BOWL."

"This was a fantastic game. I'm a Bills fan, so I have every reason to dislike both teams, but I was so happy the Patriots lost, to take some of that glib smirk off Belichick's cheating mug."

COMMENTER GW, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "WHAT WAS THE BEST PART OF THE SUPER BOWL: THE GAME OR THE ADS?"

pollcenter

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YESTERDAY'S RESULTS (AS OF 5 P.M.)

WHAT WAS THE BEST PART OF THE SUPER BOWL: THE GAME OR THE ADS?

GAME 76% | ADS 24%

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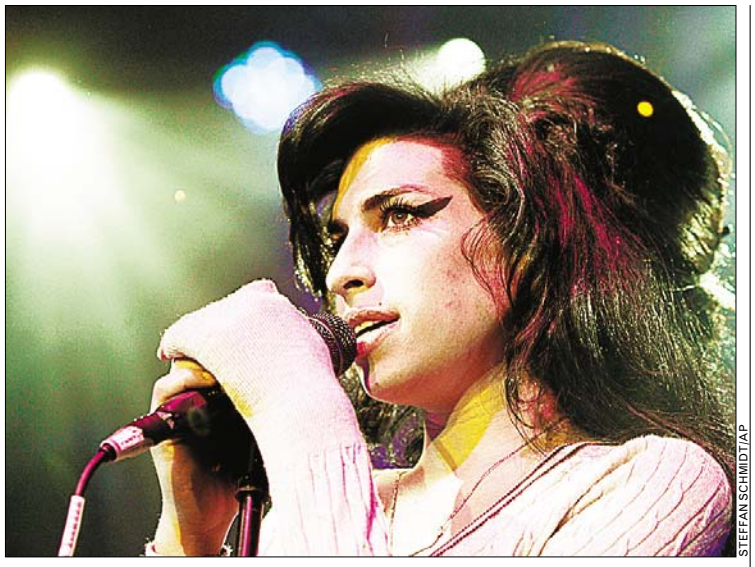
Blog LOG

"Large portions fill me with dread. I am physically repulsed by the sight of a heaping portion of food. Dinner parties ... are a special kind of hell."

SHANNONSTAMEY.BLOGSPOT.COM ISN'T ONE TO EMBRACE GLUTTONY AT THE DINNER TABLE.



STEFFAN SCHMIDT/AP

"If she keeps the beehive in check and looking good, everything will be OK. ... The minute the hive starts to fall, she falls."

DLISTED.COM SAYS THAT SINGER AMY WINEHOUSE, WHO RECENTLY LEFT REHAB, NEEDS TO MAINTAIN HER HAIRDO IN ORDER TO HAVE STABILITY IN HER LIFE.

"ALL SEASON LONG, I rooted against the thugs and cheaters known as the New England Patriots. ... But ... it seems there really is a football god. We witnessed the greatest Super Bowl ever and the biggest upset in NFL history."

ROBBLUEY.COM/BLOG HAS BEEN LOVING THE NEW YORK GIANTS' SUPER BOWL WIN.

"THE DEMOCRATIC contest could go on for a while, all the way to the convention, unless [Sen. Barack] Obama or [Sen. Hillary Rodham] Clinton throws a knockout punch Tuesday, which seems unlikely."

THEMODERATEVOICE.COM DOESN'T THINK THE SUPER TUESDAY RESULTS WILL SETTLE THE RACE FOR THE DEMOCRATIC PRESIDENTIAL NOMINATION.

"EVEN FOR THE PEOPLE who love their jobs, they are still spending a third of their waking life in an office building. ... Either be a wage monkey defined by your valuable crap or watch every cent and pray you don't get sick. Some dream."

ROOSHV.COM CHALLENGES THE NOTION THAT WORKING HARD WILL LEAD TO SUCCESS.

Discussions

Super Bowl Ads

Station Break's **PAUL FARHI** was online Monday to discuss the water-cooler buzz surrounding this year's Super Bowl ads.

Sorry, but I found the commercials a bit lame this year. Usually, I find them very original, but this year they seemed to be trying too hard to be funny. I still think the high-water mark for commercials was the Ozzie Osbourne Pepsi commercial a few years ago. I can still hear him crying out in terror, "I dreamed the kids turned into the Osmonds!"

The highest water mark to me was Apple's "1984" spot in 1984. Still the greatest commercial ever.

Advertisers need to learn that big stars do not equate to great commercials. Naomi Campbell, Justin Timberlake, Charles Barkley, Danica Patrick, Shaq, and James Carville and Bill Frist all had duds. The best was Bridgestone Tires and the screaming squirrel, turtle, bunny, mouse, owl, deer, cricket and wife.

Kind of liked the Shaq ad (Shaq as jockey; I get it), though it falls into that category of "What the heck were they selling?" For the life of me, I couldn't tell you who the Shaq ad was for.

Favorite Super Bowl ad? The wannabe Budweiser Clydesdale who spends a year in training under the tutelage of a Dalmatian a la Rocky and his trainer — hands down! Least favorite ads? Anything sexist. And ads where it's not even clear what the product is, which leaves me utterly uninterested in finding out.

Sexism-in-ads is way down since Janet Jackson's wardrobe troubles in 2004. Yeah, there was Victoria's Secret, but sex is what V.S. sells. It isn't necessarily sexist to sell sex.

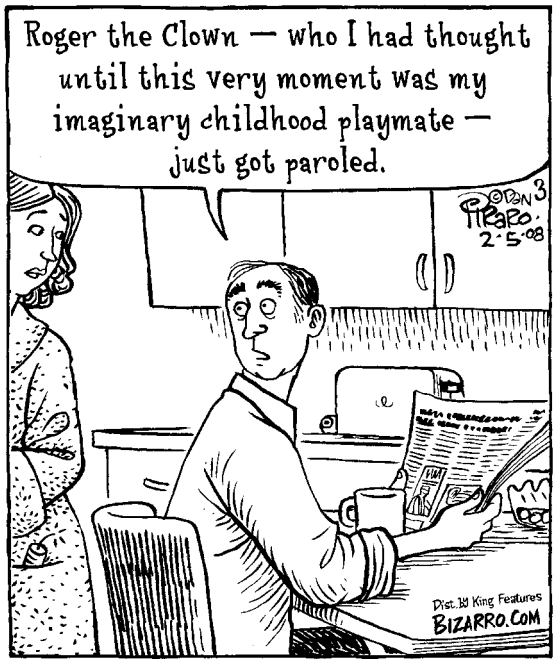
TODAY ON DISCUSSIONS: Washington Post columnist and NFL Insider Mark Maske discusses the latest news from around the NFL at 11 a.m. | **washingtonpost.com/discussions.**

DO

BUY YOUR OWN LOTTO TICKETS. Two neighbors are letting a jury in Hagerstown, Md., decide whether one or both are the owners of a million-dollar lottery ticket. Frederick Cade, 37, claims he gave Brian Kendle, 38, $20 to buy a ticket and split the winnings. Kendle claims Cade made up the story.

Look out

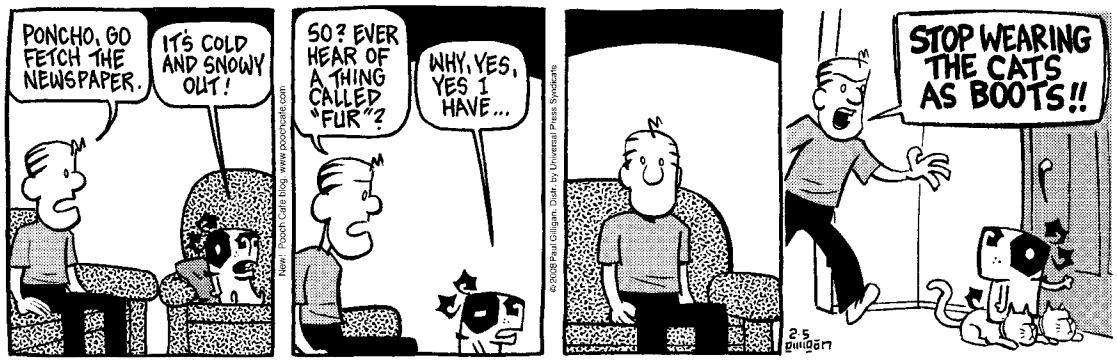
Bizarro | *Dan Piraro*



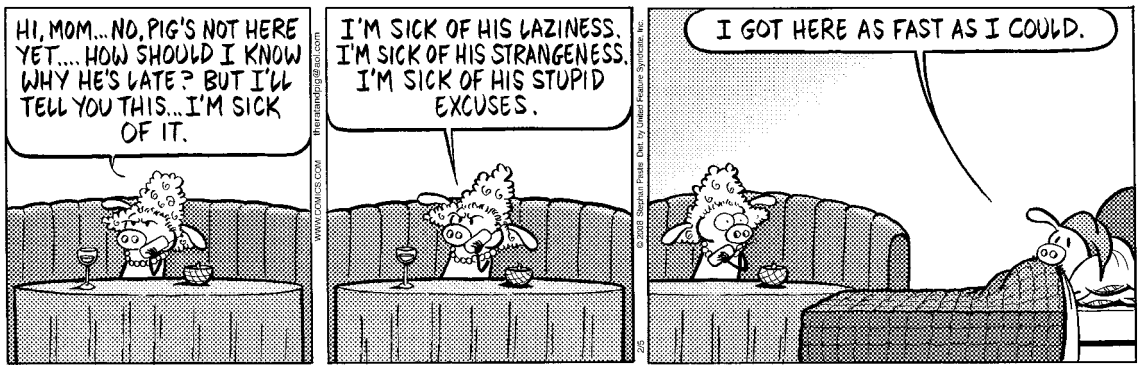
Cornered | *Mike Baldwin*

"It was awfully good of you to let him go – but that's not how the good cop, bad cop routine works."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

AQUARIUS (Jan. 20-Feb. 18) You may have to get away from home in order to see things as they really are on the domestic scene. Objectivity will lead to a real solution.

PISCES (Feb. 19-March 20) You may want to stop right where you are and look back over the path you have taken. Have you paid attention to important landmarks?

ARIES (March 21-April 19) Avoid anyone who isn't willing to adopt your own go-getter attitude. Those who would slow you down are not for you at this time.

TAURUS (April 20-May 20) Collective efforts are not advised — at least until you feel you are more firmly on your own two feet.

GEMINI (May 21-June 20) Once you build momentum, nothing is likely to stop you until you've reached that primary goal.

CANCER (June 21-July 22) This is a good day for clarifying things with partners, making sure that all is equitable where business arrangements are concerned.

LEO (July 23-Aug. 22) You'll get the green light to do as you please throughout much of the day, and some around you may be envious.

VIRGO (Aug. 23-Sept. 22) Don't confuse fate with indecision. Just because you aren't sure where you should turn at this point doesn't mean you're at the mercy of the stars.

LIBRA (Sept. 23-Oct. 22) Home life will demand a good deal more attention than usual, and you'll want to make time to address problems that youngsters introduce.

SCORPIO (Oct. 23-Nov. 21) It may seem as though certain things are unclear yet simple — and indeed, that which is most basic may be eluding you somewhat.

SAGITTARIUS (Nov. 22-Dec. 21) Someone you know well — but who has been out of the picture for some time — is likely to exert a sudden, undeniable influence on you.

CAPRICORN (Dec. 22-Jan. 19) Whistle while you work, and others will surely think you're having the time of your life. After all, isn't image more important than substance?

Letters

IRS Punishes the Poor

AFTER HEARING THE outcome of Wesley Snipes' tax case ("World Looks Up From Puddle of Drool, Realizes It had Fallen Asleep," Feb. 4), I am convinced of what many have known all along: The IRS relentlessly pursues "broke" tax evaders — owing no more than $5,000 — because it often can't get a guilty verdict for the "rich" tax evaders who owe millions and millions. In short, the "broke" tax evaders pay the price for the rich tax evaders who "get away." It makes perfectly good sense.

—SHARON FOSTER
Alexandria, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1631 The co-founder of Rhode Island, Roger Williams, and his wife, Mary, arrive in Boston from England.

1897 The Indiana House of Representatives passes 67-0 a measure redefining the method for determining the area of a circle, which included altering the value of pi. (The bill later died in the Indiana Senate.)

1973 Services are held at Arlington National Cemetery for Army Lt. Col. William B. Nolde, the last official U.S. combat casualty before the Vietnam cease-fire.

GETTY IMAGES

Lisa Nowak was arrested last year.

2007 NASA astronaut Lisa Nowak is arrested in Orlando, Fla., accused of trying to kidnap a perceived rival for the affections of a space shuttle pilot.

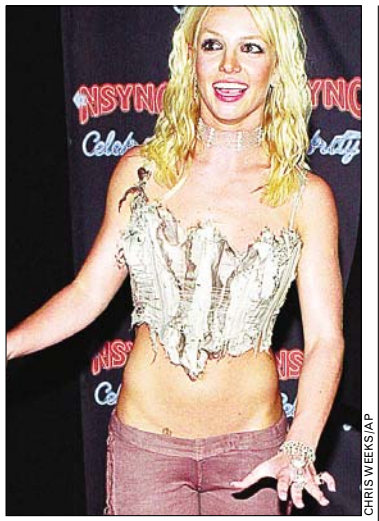
PostPoints DAILY CODE DL

Look out People

AMAZING QUOTE

Britney Landscape 'Very Fluid, Changing Day by Day'

Lawyers in the **BRITNEY SPEARS** child custody case held a hearing behind closed doors Monday, but a court commissioner quickly continued the proceedings. "In the end, no change was made," court spokesman Allan Parachini said after the case was continued until Feb. 19. A separate hearing was scheduled for Monday afternoon to deal with the issue of conservatorship of Spears and her estate. "It's a very fluid landscape that's changing day by day," said lawyer Mark Vincent Kaplan, who represents Spears' ex-husband Kevin Federline. (AP)



CHRIS WEEKS/AP

Britney's appearance is also very fluid. And it also changes day by day!

AIR QUOTES!

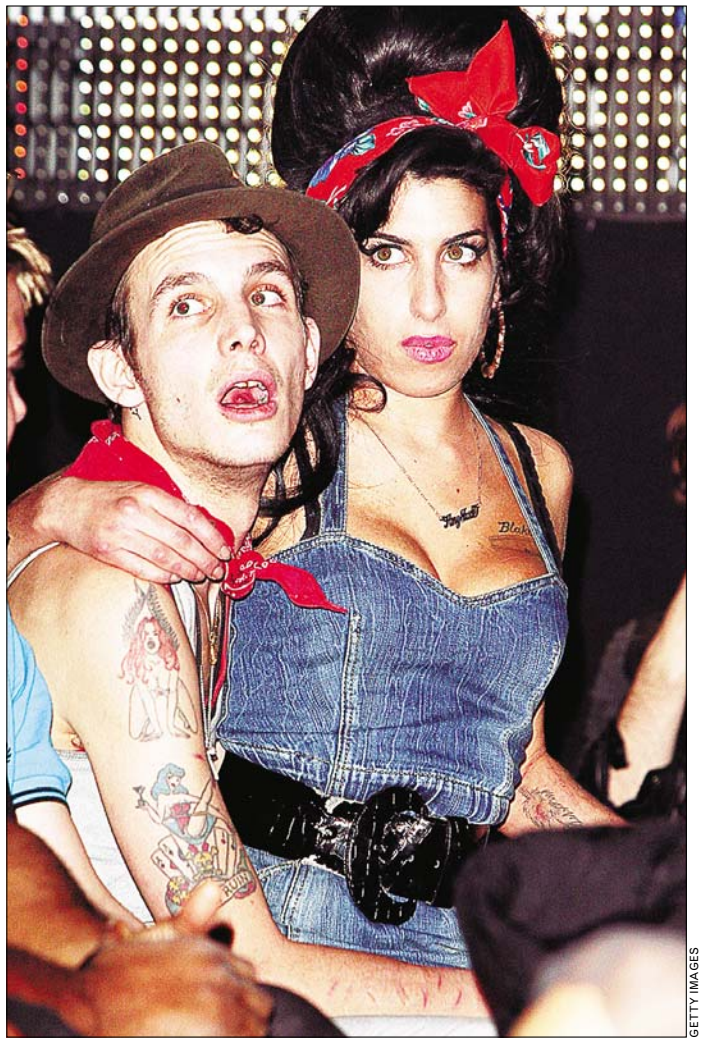
He Has a 'Sleep Disorder'

JUSTIN CHAMBERS, who plays Dr. Alex Karev on "Grey's Anatomy," has gotten real medical help. Chambers, 37, voluntarily checked himself into UCLA Medical Center "to get help with a pre-existing sleeping disorder," his publicist said. He entered the center Monday and checked out Wednesday. Other details weren't provided. Chambers "asks that the press respect his privacy." (AP)

NEWS APNEA

News Day So Slow It Briefly Stops Breathing in Its Sleep

ANNA NETREBKO says it is a high note of another kind: She is pregnant, and she's getting married. The 36-year-old star soprano and her fiance, Uruguayan baritone Erwin Schrott, are expecting a child this autumn, Netrebko's management company said Monday. "We are both very, very happy that soon there will be three of us," Netrebko said. She and Schrott, 35, became engaged late last year in New York. (AP)

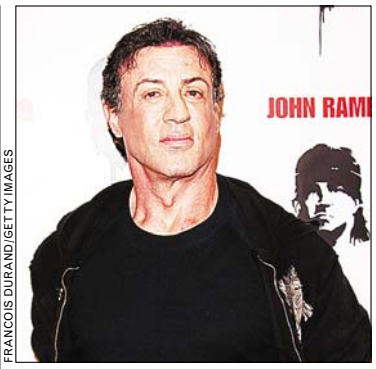


GETTY IMAGES

VISAS

Special Delivery?

AMY WINEHOUSE left rehab briefly Monday to visit the U.S. Embassy in London, in hopes of getting a visa that would let her attend Sunday's Grammy Awards, E! Online reported. (She's nominated in six categories, including best new artist). She arrived with her father and a nurse from her rehab program. No decision was reached regarding her visa. (EXPRESS)



FRANCOIS DURAND/GETTY IMAGES

He has no cause, and he's sure no rebel.

PUBLICITY

Revolution Invited to Junket, Leaves With Rad Gift Bag and Free iPod!

SYLVESTER STALLONE says his latest "Rambo" film and its tag line are inspiring real-life opponents of Myanmar's military rulers. "Either live for something, die for nothing — it's your choice," he said Saturday. "Students have now used this film as a rallying point." (AP)

GRIEF

Actor's Hometown Wishes Media Would Be Kinder

HEATH LEDGER's hometown of Perth prepared Monday for the arrival of his body, while locals expressed dismay at speculation the actor had used drugs. "If a person dies, let him go in peace. All this rubbish they bring up about drugs and everything else, I think it's a lot of rubbish," said one local. "I think it's disgusting how the media has played it out," said another. Details of funeral arrangements have not been announced. (AP)

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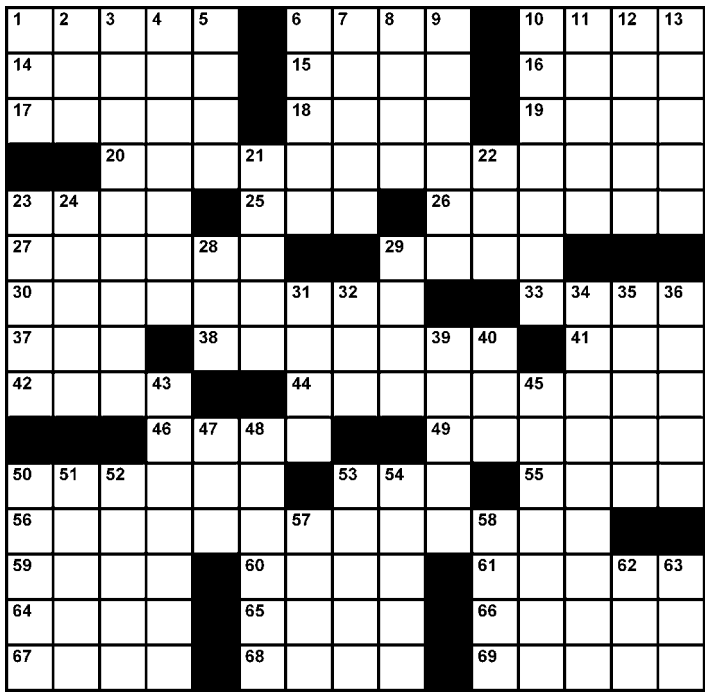
EDITED BY TIMOTHY E. PARKER



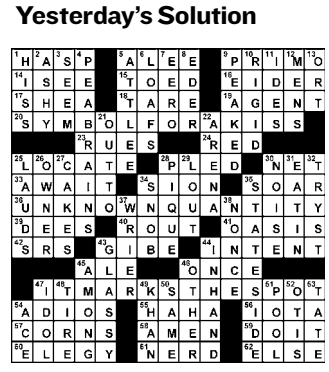
ACROSS

1 Deep hollow (Var.)
6 Pain in the neck
10 Stick with a stick
14 Introduction or preface
15 Rod in a rod
16 Letterman rival
17 Middle name of 20th U.S. president
18 Free-for-all
19 On a grand scale
20 Makes personally favorable
23 Overcast sky, to some
25 Morsel for a mare
26 NFL team or musical group
27 Kind of science or get-together
29 "Verrry interesting" Johnson
30 Makes a meal, in a way (with 44-Across)
33 "Reach!"
37 Arithmetic directive
38 Prognosticate
41 Beauty preceder
42 Some edible grains
44 See 30-Across
46 Feeling of gloom
49 Expressed pain
50 Title for Flaubert's Bovary
53 ___ alai
55 March 15, e.g.
56 Makes a game thrilling
59 Salacious
60 Expensive car trips
61 Drug bust figures
64 "But only God can make a ___" (Kilmer)
65 Parmenides' home
66 Is literate
67 Charon's river
68 Depend (on)
69 Till now

DOWN

1 Corp. treasurer, often
2 Earth, for one
3 It's all dots and dashes
4 '50s nonconformist
5 Gwyneth Paltrow role of 1996
6 Skier's garment
7 Get a life?
8 Job opening
9 Leash
10 Crossed one's heart
11 Beat back
12 In reserve
13 Deducts from wages
21 Kind of guard or scheme
22 Vex (with "at")
23 Prestigious award
24 Temperamental
28 Horned viper, for one
29 Seed covering
31 Butcher shop offering
32 Asner et al.
34 It keeps teams in the clubhouse
35 Be of one mind
36 Prolific plants
39 Marvel production
40 Tango requirement
43 It stretches at the gym
45 Pixies
47 Morning hrs.
48 Bit of mail
50 Some grilled sandwiches
51 Thwart
52 Winner in a famous headline
53 The Pink Panther, in "The Pink Panther"
54 Test ore, e.g.
57 Result of being bored
58 Creole vegetable
62 Praiseful poem
63 Mach 2 flier, for short

Yesterday's Solution



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Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

	7	3		8			9	
			5					8
	4	8			9			
	2			9				
8			2		1			4
				7			6	
			9			5	4	
7					2			
	6			4		7	3	

Yesterday's Solution

6	8	9	4	5	3	1	7	2
4	1	3	9	7	2	6	8	5
5	7	2	1	8	6	4	3	9
9	4	8	2	1	5	3	6	7
7	3	1	6	9	8	5	2	4
2	5	6	7	3	4	8	9	1
3	2	7	8	4	1	9	5	6
1	6	5	3	2	9	7	4	8
8	9	4	5	6	7	2	1	3

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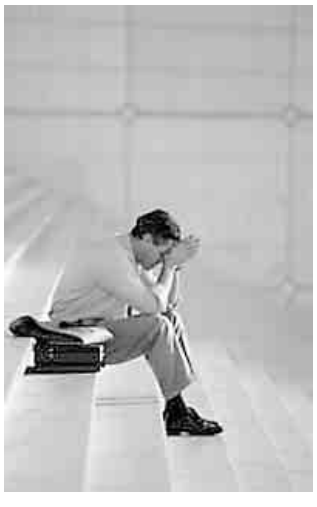
Suffering from Depression?



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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

It's a Tough Job Keeping a Job

Q I've endured my third straight week of meetings that have convinced me I'm in the wrong field. This is after spending three years in grad school to learn about this field and a year at this job. I did a shorter-term professional training program for a different career before this, only to realize that job wasn't for me. Is it me? Or is this normal? — NOT AGAIN

"Three straight weeks of staff meetings? Must be tough."

ERIC REECE

If endless staff meetings were always enough to make people flee fields, the only people with job stability would be professional mimes.

Nonetheless, your distress is palpable, and it seems like there's a larger pattern. Are you becoming infatuated with jobs and jumping in too soon, without exploration? Are you confusing the characteristics of a career with those of a specific job in a specific office? Are you expecting too much of a job? (Even those in their dream jobs — count me in — have days when they'd rather be watching "Judge Judy.")

Given that the average person supposedly shifts careers — not jobs, careers — more often than I find shoes that fit, then, yes, in many ways you're normal. But that doesn't mean you should be forced to be unhappy, and it doesn't mean that you shouldn't explore what the trouble seems to be. A career counselor can give you assessments and talk turkey about what good career matches would be. And, if needed, a garden-variety counselor can help you tackle those aspects of your behavior that might be keeping you from finding that match.

Tom Brady, Is That You?

Q I'm attracted to only very hot women. Women who are good people and would probably make good girlfriends, but are not extremely physically attractive, don't interest me. Naturally, this doesn't turn out too well, and I have yet to be happy in love. But I can't bring myself to go there. — HOPE YOU ANSWER

Can't bring yourself to go there? Are we talking about women who aren't supermodels, or throwing yourself into a cage of cheetahs?

There's a difference between being physically attracted to someone (a legitimate necessity for chemistry) and going only for women who look airbrushed. By being overly objective — say, having a checklist about waist-to-hip ratio — you're actually less likely to be able to find someone with whom there is physical chemistry. My guess is that you're too busy aiming for arm candy for others' sake. You can't overcome this until you figure out what you're trying to prove (Power? Studliness?) or avoid (A successful relationship and the commitment it might require? A girlfriend who not everyone will think is Miss November?). If you can let go of those shackles, you'll have that experience of falling for someone who really clicks with you.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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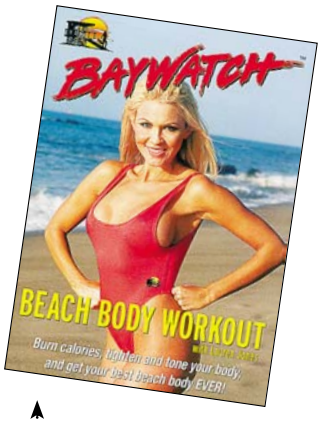

NEW IN HEALTH
warm ups

CHANGE OF HEART

No, you can't pop a pill to take the place of treadmill time — although, scientists, get cracking on that! But Centrum Cardio (snag a $1-off coupon at Centrumcardio.com) does brag that it's the first multivitamin to come with phytosterols, soy-derived stuff that lowers bad cholesterol.

G WHIZZES

Derek Jeter slurped G2 in a Super Bowl ad, but what is a "low-calorie hydrator"? It's Gatorade's attempt at a drink that's tastier than water but that's OK to chug even if you haven't been sweating. A serving is 25 calories (that's 70 per bottle), so it's a suitable quencher after a low-key workout.

NO MOAN OF ARC

Breaking things is against the Pilates philosophy. So, protect your back and your bank account with the Pilates arc ($159, Pilates.com), a foam gizmo that can serve as an exercise arc, a spine corrector or a reformer wedge. And it weighs just 3.75 lbs., so you can lug it with ease.

RESCUE ME

Jogging in a red bathing suit with breasts akimbo doesn't just make good TV; it's the basis of "Baywatch: Beach Body Workout" ($15). The toning will make muscles (and possibly loins) burn: It stars two buxom babes and a piece of "man candy."

GUINEA PIG

Dry It, Don't Fry It

■ The concept behind **REMINGTON'S SHINE THERAPY HAIR DRYER** ($50, available everywhere by April) made us laugh and laugh. It has a cartridge that mists avocado oil (rich in vitamins A, E and D, says the box) and other moisturizers as air blasts from the dryer. Yes, it reads as a craven gimmick, but it's not!

First, this thing could stop an Airbus in its tracks. It dried one tester's hair faster than her $150 model — i.e., in about two minutes. You can't see or feel the spray, but you can sense its presence by the total lack of post-dry static and flyaways. Now, the dryer doesn't add a lot of body — perhaps because of the guac — but that means it's excellent for taming wild tresses or very quickly straightening fine ones.

Now, do vitamins A, D and E do anything for your hair? No. Hair is dead protein. That's why it doesn't hurt to get it cut. Now shut up and enjoy the hair dryer. HOLLY J. MORRIS (EXPRESS)

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THE MISFITS

Chagrined Shins

Q Running lately has caused me to develop painful shin splints. I am running outside on asphalt, not concrete. But every time, I am forced to slow my pace and can't figure out how to alleviate this problem. More water? Give myself a break? I haven't had this problem since high school. — ANONYMOUS

■ I'm guessing you have a definition for shin splints — probably something along the lines of "%@#&! agony all along the front of the leg below the knee during running." And that puts you a step ahead of the medical profession. It may be a common problem, but "what exactly shin splints is hasn't been pinned down," explains Julie Gilchrist, a physician and epidemiologist with the National Center for Injury Prevention and Control.

There are lots of suspected causes: lack of experience, excessive running, inadequate warm-up, uneven terrain and even such factors as time of day and weather conditions. But none of these has been proven, making it hard to suggest solutions. "You either figure out how to fix it or not," Gilchrist says.

One popular belief is that the pain stems from pronation of the foot. So, consider your shoes. Do you have enough shock protection? Are your sneakers reaching retirement age (about six months, if you've been using them regularly)? Play a little guess and check, listen to your body's cues and, hopefully, you can find a way to keep up your hobby for the long run.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at misfits@washpost.com.

VITALSTATS

45

THE NUMBER OF MINUTES A MIDDAY NAP SHOULD BE IF YOU WANT A MEMORY BOOST, SAYS A NEW STUDY FROM HARVARD MEDICAL SCHOOL.

CHRIS COMBS/EXPRESS

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Salsa dancing can tone your body while helping you find new buddies

work it out

Salsa dance classes shake it all over D.C., either in a formal ballroom setting or on nightclub dance floors (where freely flowing libations are not exactly conducive to a workout). But to prep for Valentine's Day, you can't find a better match than a class called, "Flirting on the Dance Floor." Teacher Edward Smith leads 90 minutes of instruction on the basic one-two-three and then adds dips, sensual hip twists and more.

What It Is

Only know salsa as the stuff you eat with chips? It's an informal partner dance with roots in the Caribbean. It absorbed elements from other Latin dances (think mambo, cha-cha and rumba), but it also incorporates jazz, reggae and hip-hop moves. The dance can be as structured or as improvised as you want it to be, and in Smith's class it runs the gamut from barely holding hands to drop-dead dirty.

Introverts can get the same instruction from Smith's recently released DVD, "Flirting on the Floor." On the 90-minute disc, Smith demonstrates a long, low, sensuous tango-esque dip that, even if nothing else, must burn calories due to the dancers' elevated heart rates.

Moves

Dancers start with a basic back-and-forth motion that probably won't get your pulse pounding, but Smith quickly segues into spins and other fancy footwork. The intermediate class adds moves Grandma certainly wouldn't approve of, and students may find themselves getting kind of intimate with strangers. "I'd say that's a bonus," laughs Chris McGraw, 36. One dip requires the lead dancer to grip the follower's thigh between his, then swing her almost 180 degrees before pulling her back up; the guy gets an arm and leg workout while the girl works her abdominals — or falls. There's a safer version, in which the lead doesn't let go of the follow, but that move isn't as physically taxing.

> "It works not just on burning calories, but on stability and toning."

Workout

Salsa is a social activity first, not a gym workout, but after the class is over, everyone's sweating at least a little. And those who stay for the open dancing afterward can get some serious cardio action. Plus, salsa has other fitness benefits.

"It works not just on fitness as in burning calories, but on stability and muscle strength and toning," Smith says. "But I think, really, the biggest fitness benefit is from staying the night and dancing." After the stop-and-start action of the class ends, and the DJ fades one song into the next, it's easier to keep dancing than to stop. The next morning, if you're not used to the quick, small salsa steps, expect to have sore thighs and calves.

Crowd

Oscar Ardila, 29, comes "just for fun," not for a workout, as do many of the other attendees — which explains the wardrobe choices. Some ladies come dressed to the nines in spike heels and dresses (although just as many wear comfy skirts and shoes that can take a beating). Guys range from sneaks and jeans to night-on-the-town duds.

The floor is divided pretty evenly between guys and gals. If you bring a partner, expect to be asked (but not required) to rotate once you get there. "If you just have couples, they're ready to kill each other in 20 minutes," Smith says. If alone, there are still plenty of other stag dancers who'd be glad to add a little spice to your fitness routine. RACHEL KAUFMAN

Dancing and lessons are held every Tuesday at eCITIE, 8300 Tyco Road, McLean; beginners from 8-8:45 p.m., intermediate from 8:45-9:30 p.m. $10 for both lessons; $5 after 10 p.m. for dancing only. 703-760-9000.

Coming 'Round the Mountains

Explore heights with the world's most extreme outdoor athletes

It would normally take a lot of energy drink to power through a night of mountain biking, rock climbing and snowkiting. But this week, you can get that adrenaline rush by just watching the Banff Mountain Film Festival at National Geographic Live! (Feb. 5-9, 7 p.m., $20, Grosvenor Auditorium, National Geographic Society, 1600 M St. NW, 202-857-7700; Nationalgeographic.com/nglive.com.)

Each night there's a selection of shorts devoted to outdoor adventures, often depicted in a way that most mortals could never imagine. "I see how other people push these sports that I'm interested in. I love kayaking, but I'm not doing it off 100-foot waterfalls," says Arlingtonian Jason Berry, a festival fan.

Berry has even more of a reason to be stoked this year, as his film, "24 Solo," has made the cut. The documentary about the world of 24-hour mountain bike racing is the mind-blowing stuff Banff is made of. Many folks, including Berry, participate in daylong races as a team relay.

ALF KOLLEN/COURTESY OF THE BANFF CENTRE

"Entropy" proves snowkiting can make snowboarding even more extreme, as participants harness air to loop every which way.

"You have a few hours to hang out between laps; you have a beer. It's adventure mixed with camping with your friends," he explains. But when you're doing it on your own, "that's when the fun stops," he says.

His cameras stick mostly to Chris Eatough, known as the Lance Armstrong of the mountain biking world, as he attempts to win his seventh consecutive world title. "He's not just a freak. He's a super-freak," explains Berry. Racing nonstop for that many hours is more than merely grueling — competitors can lose 10 pounds between the start and the finish.

So, why does he do it? "Not for the paycheck," Berry declares. "Human nature is always drawn to what others call the impossible." Similarly impressive folks star in many of the other selections, including rock-climbing phenom Chris Sharma ("King Lines") and the babe of BASE jumping, Karina Hollekim ("20 Seconds of Joy").

But Banff is also a showcase of the scope of mountain sports, and it reveals how getting active at elevation can be a blast for everyone. That's the idea behind "Cross-Country With the Snakes," a documentary about a punk band that devoted a chunk of its touring schedule to hitting the slopes.

"When you're in a band, you're putting yourself out there, and you're going to get through the show," describes filmmaker Hansi Johnson. "It's the same with skiing. You might fall, but you're going to do this and have fun."

> "You're strapping on this toothpick of a ski and going 50 mph."

Shots of them sliding around, leaping over each other and generally getting silly in the snow might not appear professional, but it looks like serious fun. "You're strapping on this toothpick of a ski and going 50 mph. That's as action-packed as it gets," Johnson gushes.

With a week of that kind of inspiration, who needs an energy drink?

VICKY HALLETT (EXPRESS)

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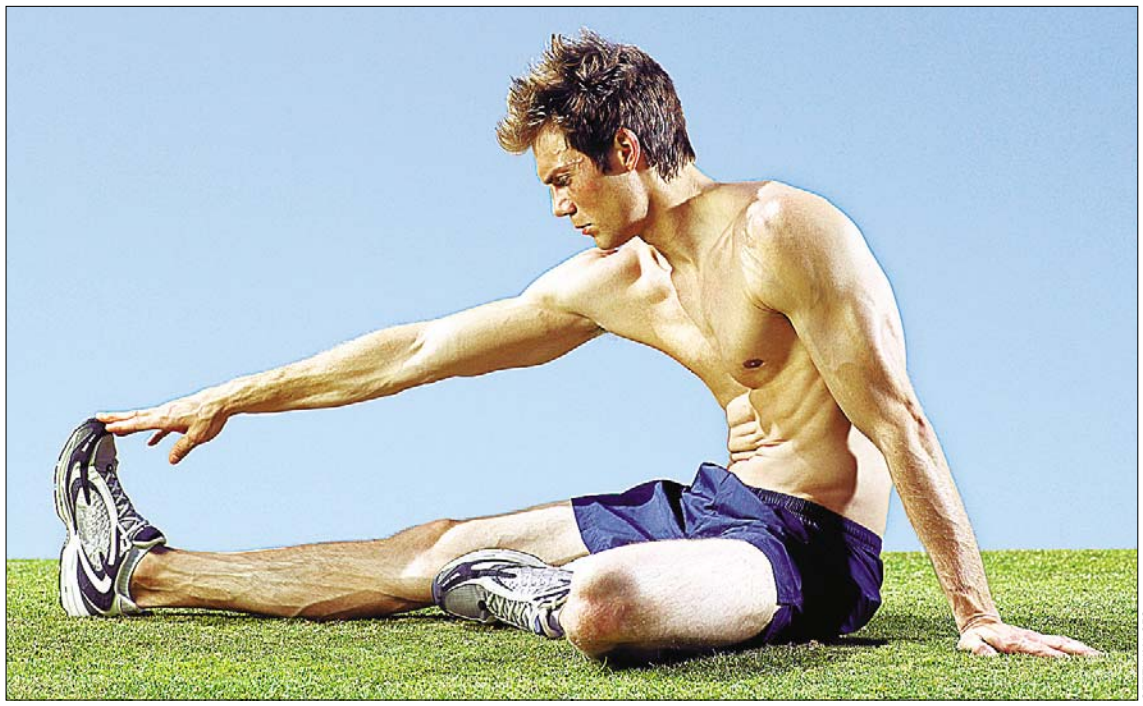
EXPRESS/02.05.2008

Go All Out, but Then Chill Out

Finish a workout the right way and start your next one even stronger

Cooling down after a sweaty gym stint falls low on the priority totem pole, right down there with flossing and organizing the junk drawer. But slowly returning your heart rate and blood pressure to normal is important because it reduces the risk of injury. It also makes you forget the pain of a good workout, increasing the chances you'll do it again, explains Fabio Comana, an exercise physiologist with the American Council on Exercise. Here's how to cool down the right way and finish on a physical and emotional high.



GETTY IMAGES

After You Lift ...

➜ Pamper the muscles you've just worked by stretching for five minutes. Then, for five minutes, slide sore body parts over a foam roller. Finally, try a contrast shower — alternate between three minutes of hot and one minute of cold. Why? Cold-water shots slow your metabolism and take down swelling to lessen the likelihood of soreness overload.

After You Run ...

➜ Finish up with light intervals, suggests Chris Bergland, author of "The Athlete's Way." Run at a challenging pace for 20 to 25 seconds, then walk or jog for a minute or two. Repeat three to five times. Then stretch your calves, glutes, groin, hamstrings, hip flexors and quads — this will help post-run carbs get into your muscle cells to replace lost glycogen.

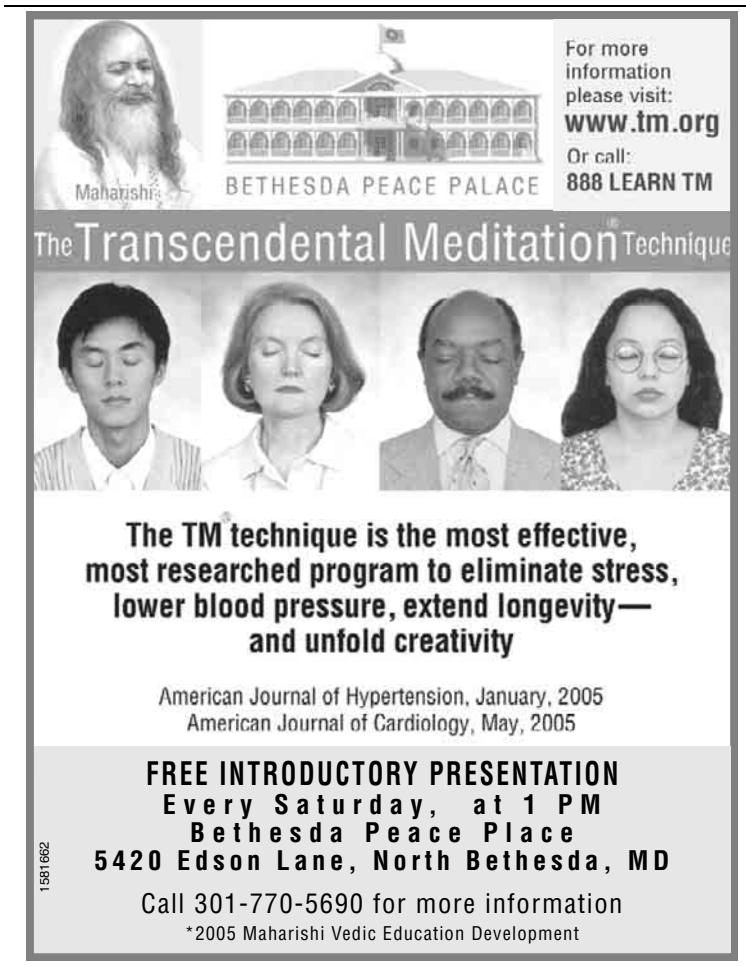
After You Ride ...

➜ Spin easy for 10 to 20 minutes, says Amber Neben, two-time winner of the Tour de l'Aude, the biggest women's cycling stage race, which rolls in France. Then alleviate muscle soreness with an ice massage: With a "Popsicle" you've made by freezing water in a Dixie cup, rub the aching area for 10 minutes, take a break for 10 minutes, and rub again. Repeat for up to an hour.

Stretching will help post-run carbs get into your muscle cells to replace lost glycogen.

After You Swim ...

➜ Dip underwater five or six times, and each time blow out all your air. Then swim one-tenth the distance of your workout, nice and easy. Though the impact-free nature of swimming feels relaxing, a cooldown is critical to slowing your heart rate and preventing muscle cramps and injuries, says Janet Evans, four-time Olympic gold medalist and author of "Janet Evans' Total Swimming." (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



fit | Nutrition

Packing in the Protein Power

Nutrient-rich bars are certainly portable, but are they palatable?

With flavors such as "S'mores" and "Cookies and Cream Caramel Crisp" and packed with as much as 30 grams of protein, those foil-wrapped bars offer weight lifters and extreme athletes a siren song of rippling muscles in a gooey kids' bar.

"Adding protein is an attempt to aid the person that's trying to manipulate their body composition," says Jeff Kotterman, a licensed sports nutritionist and director of the National Association of Sports Nutrition in San Diego. "This [is] for someone who wants to lose body fat and maintain muscle."

Protein bars are also helpful for adventure athletes who spend hours in intense activity. "These athletes will tend to get carbed out," says Nancy Clark, a Boston-based sports nutritionist. "If you eat too much carbohydrates, you tend to crave protein."

Clark also recommends protein bars for "extremely lazy vegetarians who don't get enough protein," and college students who don't eat balanced meals.

"For them to snack on the protein bar is better than for them to snack on chocolate chip cookies," she says.

The average person needs about 7 grams of protein for every 20 pounds of body weight, which roughly equals 50 grams to 55 grams of protein for a 150-pound person. For an athlete trying to build muscle (think weight lifters), 0.5 to 0.75 grams protein per pound will do the job if you are eating plenty of calories, according to Clark.

The best time to eat a protein or energy bar is generally not during a race or while exercising, Kotterman says. "I recommend bars for serious athletes who need to eat frequently throughout the day and can't get enough calories in or someone who can't eat a lot at once."

Some things to consider when evaluating a protein bar: Look for zero trans fat and minimal vitamins. Vitamins, which aren't really necessary, will negatively affect taste.

We asked a panel of tasters to weigh in on four protein bars. Prices vary by store.

ANNIE WELLS/LOS ANGELES TIMES

RAISING THE BAR: They're trying to appeal to mouths and muscles by adding fun flavors, but protein bars aren't delicious.

Clif Builder's

Calories: 270 | Fat: 8 grams (5 grams saturated fat, 0 grams trans fat) | Protein: 20 grams | Carbohydrates: 30 grams | Price: $1.39 | Flavor tested: Cocoa-dipped peanut butter

Though the tasters were not bowled over by these bars, this was the group favorite for both flavor and texture. All of the bars were criticized for tasting artificial, as if they had been developed by NASA food technologists, but this bar was praised for tasting as if it had been developed "for an astronaut they liked."

> "If you eat too much carbohydrates, you tend to crave protein."

EAS Myoplex-Deluxe

Calories: 330 | Fat: 9 grams (6 grams saturated fat, 0 grams trans fat) | Protein: 30 grams | Carbohydrates: 36 grams | Price: $ 1.97 | Flavor: S'mores

This was the least favorite of the group, which was put off by the bar's strong artificial flavor and a cloying sweetness. One taster summed it up: "Blech." For a comparison of bars in the EAS stable, we also tested EAS AdvantEDGE, with 17 grams of protein, and found it to be better. "More elegant, a little like a stale brownie," one taster observed.

Power Bar-Protein Plus

Calories: 300 | Fat: 6 grams (3.5 grams saturated fat, 0 grams trans fat) | Protein: 23 grams | Carbohydrates: 39 grams | Price: $1.87 | Flavor: Chocolate peanut butter

This had a better texture than the other bars and an inoffensive flavor overall, but a slightly bad aftertaste, our tasters agreed.

Pure Protein High-Protein Double Layer Bar

Calories: 180 | Fat: 5 grams (3.5 grams saturated fat, 0 grams trans fat) | Protein: 19 grams | Carbohydrates: 20 grams | Price: $1.17 | Flavor: S'mores

This was the second favorite of the group. The flavor was acceptable, and a layer of marshmallow added some interest. JANET CROMLEY (THE LOS ANGELES TIMES)

EATING IN

Coconut-Ginger Baby Carrots

TIME: 25 MINUTES, SERVES 5

With all the buzz about keeping your produce fresh and local, frozen vegetables often get a bad rap. But nutritionally speaking, sometimes fresh from the freezer is the best choice, especially during the winter months, when fresh and local produce often is limited and the prices are steep. While fresh produce often is picked early (to allow it to ripen during transit), frozen items usually are picked at the height of ripeness, when flavors and nutrients are at their peak.

This recipe for coconut-ginger baby carrots is a delicious and easy way to turn an inexpensive bag of frozen vegetables into an exotic, healthy side dish. Fresh carrots can be substituted, and the dish will cook faster.

INGREDIENTS

- 1 teaspoon canola oil
- 2 tablespoons minced fresh ginger
- 1 tablespoon minced garlic
- 16-ounce bag frozen baby carrots
- 1/2 teaspoon salt
- 1/4 cup water
- 2 tablespoons unsweetened coconut milk
- 3 tablespoons chopped fresh cilantro

IN A MEDIUM SAUCEPAN over medium-high, heat the oil. Add the ginger and garlic and saute, stirring constantly, until they become fragrant and begin to color, about one minute. Add the frozen carrots, salt and 1/4 cup water. Bring the carrots to a boil, then reduce the heat to low. Cover the pan and simmer for 15 minutes, or until they are very soft. Remove from heat and stir in the coconut milk and cilantro. (AP)

PER SERVING: 67 calories, 1 g protein, 9 g carbs, 3g fat (1 g saturated), 0 mg cholesterol, 298 mg sodium, 2 g fiber

Stop Salt's Assault on Diets

A savory sprinkle might taste good, but it can be bad for your health

A few years ago, restaurant chefs became fascinated with exotic varieties of sea salt, putting the mineral in the spotlight as they sprinkled dishes with flecks of fleur de sel, smoked sea salt, and French gray and pink Hawaiian varieties.

Although professional chefs agree that salt is an essential seasoning, other people are raising questions about its health aspects — more precisely, its level of sodium.

In November, acting on a request by the consumer watchdog group the Center for Science in the Public Interest, the Food and Drug Administration staged a public debate to determine whether new regulations and guidelines on the use of salt, particularly in processed foods, are needed. The center went as far as asking the FDA to reconsider salt's status as "generally recognized as safe."

The government has recommendations. The Dietary Guidelines for Americans, published jointly by the departments of Agriculture and Health and Human Services, suggest an upper limit of 2,300 milligrams of sodium per day, the amount in a teaspoon of salt. The Institute of Medicine, part of the National Academy of Sciences, goes even further, suggesting 1,500 milligrams as adequate.

The problem is that Americans consume nearly twice the guideline for sodium. Processed foods account for 75 percent to 80 percent of the daily sodium intake. "Americans don't consume large amounts of salt because they request it, but often do so unknowingly because manufacturers and restaurants put it in food," says Stephen Havas, vice president for science, quality and public health for the American Medical Association.

ISTOCK

Only 5 percent to 10 percent of daily sodium consumption comes from the "discretionary" use of salt, either sprinkled on food at the table or during "from-scratch" cooking, says Sue Gebo, a registered dietitian in West Hartford, Conn., and a spokeswoman for the American Heart Association. Sodium naturally occurring in fresh foods accounts for another 10 percent.

How can someone cut back on sodium? A bit of palate retraining is a first step. "The preference for salt isn't fixed; we aren't born with it," Gebo says. Tasting also can help with salt management — try it before you instinctively pick up the salt shaker.

Fresh foods tend to be low in sodium, while fruits and vegetables are low in sodium and high in potassium, which helps to balance sodium in the body. A shift away from packaged, processed and prepared foods to more fresh foods and dishes prepared from scratch can lower sodium intake.

On one level, managing the amount of sodium from processed foods is easy — just commit to label reading. And while certain foods seem shockingly high in sodium (one tablespoon of Tamari soy sauce has 960 milligrams), look at the big picture. It's not the occasional indulgence in a high-salt food that matters but the day-to-day consumption.

LINDA GIUCA (THE HARTFORD COURANT)

fit | Wellness

Let Me State for the Records

Keep your health info all in one place to ensure better treatment

Think you have a working knowledge of your own health? Here's a quick quiz: Do you know your blood type? When was your last tetanus shot? Contact information for your doctors? Names and dosages of all your medications?

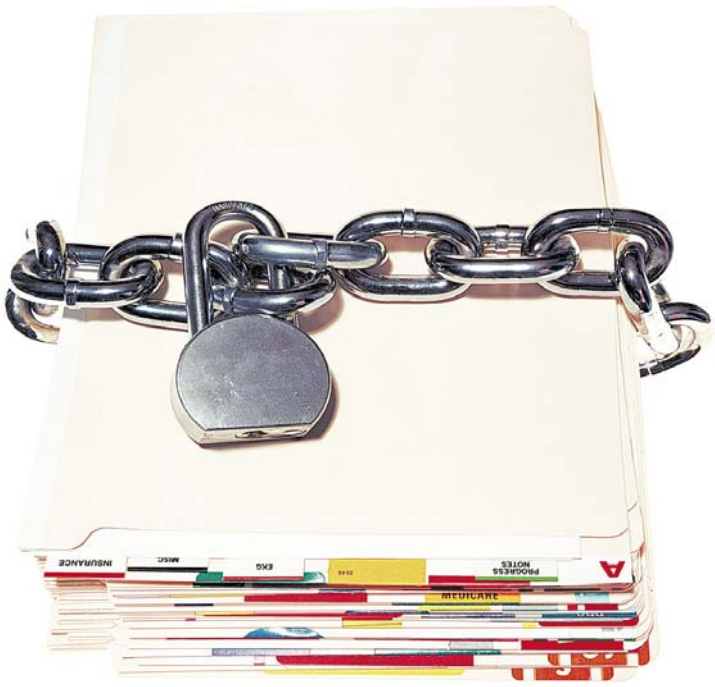
If you found it tough to come up with those details while reading your morning paper, imagine how much more difficult it would be to provide comprehensive information during a stressful medical test or when you're carted off to the emergency room.

Our personal health information — including physicians, emergency contacts, dates of medical procedures, chronic conditions, allergies and medications — is a vital resource for family members, doctors, nurses and the other health-care professionals who provide us with treatment or care. Yet many of us keep more detailed records on our cars.

"Most people think that their doctor maintains a comprehensive record of their health care," says Jill Burrington-Brown, professional practice resources manager for the American Health Information Management Association. "But even healthy folks have several physicians, such as a primary care doctor, allergist, ob-gyn and so on. Each compiles a separate medical file on you, so often there is not a complete record in a single location or consistent format."

Burrington-Brown saw the importance of a comprehensive personal health record up close when her mother, who lives half the year in Idaho and half in Arizona, developed a serious illness.

"She ended up having surgery in one place and follow-up treatment in another, not an uncommon situation with our very mobile senior population," Burrington-Brown says. "Having all of her records in one place saved her from trying to remember all the details and from the stress of unnecessary or repeated tests."



GETTY IMAGES

To help seniors, caregivers and other health care consumers develop organized and up-to-date health records, the association is launching a national consumer awareness campaign called "It's HI Time America."

The educational outreach includes public service announcements and an informational Web site, MyPHR.com, with a guide to creating a personal health care record, how-to information on obtaining medical records, privacy rights and downloadable health-record forms.

Individuals are encouraged to include other information they feel affects their health — exercise routines, dietary habits, any over-the-counter supplements and blood pressure readings or other health monitoring they do at home. Keeping such information easily accessible enables patients to play a more active role in their health care.

There are several ways to maintain your personal health care record. Several companies offer products such as portable memory devices or flash drives, computer programs, paper filing systems or online secure servers. Some are free, but others must be purchased or require a subscription. The association's Web site provides a list of vendors, the types of services they provide and the costs. Burrington-Brown suggests updating your files regularly.

"The more patients understand about the health-care system and their own condition, the better advocates they can be for themselves," says Burrington-Brown. KORKY VANN (SPECIAL TO THE HARTFORD COURANT)

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CHARLIE NEIBERGALL/AP

Sen. Barack Obama isn't the only presidential candidate hoping to change the current health care system in this country.

Handling Health Care

How those hoping to be president plan to heal the insurance crisis

Maybe you can't count on who's going to rake in the delegates today, but there's one thing that's certain this Super Tuesday: No matter who turns out at the polls, there will still be more than 46 million people in this country without health insurance.

All of the candidates have tossed out suggestions of how they hope to handle this reality if they snag the keys to the Oval Office. Before you help hand them over to him or her — remember, the D.C., Maryland and Virginia primaries are next Tuesday — here's a quickie primer on the presidential plans.

The Democrats

Post-debate, wannabe wonks may think the rift between Sen. Hillary Rodham Clinton and Sen. Barack Obama's proposals is as vast as Mitt Romney's bank account. But that would be wrong, says Jennifer Tolbert, principal policy analyst for the Kaiser Commission on Medicaid and the Uninsured. "Both the Clinton and Obama plans emphasize universal or getting-to-universal health care, so that people who lack insurance today would have it," she explains.

Both plans will offer a system similar to the Federal Employee Health Benefit Program (FEHBP) — that's what members of Congress get. It's essentially a menu of affordable private insurance plans, from which no American can be turned away. To lessen sticker shock, Clinton supports tax credits, while Obama is for subsidies.

Though the GOP has painted Clinton as a "liberal she-devil" bound for socialized medicine, she's not so radical, says Craig Stoltz, who covers the elections for Healthcentral.com (he's also the former health editor of The Washington Post). Neither is Obama. "If you like your coverage, keep it. If you don't or don't have it, you can be in this pool," he explains. Under both plans, employers would have to step up to either cover or help cover their workers, and no insurance company could deny coverage.

The one significant difference is the "individual mandate": whether everyone will be required to have health insurance. Clinton wants all Americans to buy it, much as most states require drivers to have auto insurance. Obama wants to require mandatory insurance only for kids. "Who could argue against health care for children — other than George Bush?" notes Stoltz.

The Republicans

On the other side of the aisle, the candidates' plans have more variation, but they are unified in their belief in the free market's superiority: If they remove government regulations from the insurance industry, consumers will shop around, competition will increase and costs will go down.

This starts by altering federal tax policy. Right now, those who have insurance from their employers aren't taxed on their premiums — the periodic payments made on one's insurance. Those who go it alone, however, must pay out of pocket and are taxed on those dollars. "The argument is that insurance tied to employment is not a good way to provide health insurance. It's not portable, it's a burden on employers and there's no consumer responsibility," Tolbert says.

> "Who could argue against health care for children — other than George Bush?"

Romney proposes extending the tax benefit to all plans, not just those offered by employers, while Sen. John McCain suggests ditching the tax benefit entirely. Instead, he'd give tax credits (that's like free money) to everyone to help cover insurance bills — $2,500 for an individual and $5,000 for a family. The downside: "It might be good for a young healthy person, but people who are older, sicker or with pre-existing conditions may find it harder and more expensive to get covered," notes Tolbert, adding that the current average annual premium for employer coverage is $4,500 for an individual and $12,000 for a family.

As for Mike Huckabee's plan? "He's doesn't need one because he's lost all that weight," jokes Stoltz. But, seriously, folks, Huckabee hasn't outlined much by way of proposals. He's big on preventative care and has mentioned a ban on workplace smoking. And he, too, speaks of moving from employer-based coverage to consumer-based coverage. VICKY HALLETT (EXPRESS)

THE SHORT VERSION **Under Clinton or Obama, you'll either keep the insurance you have, or you can get a new plan via your employer or the government. Under Romney, you'll keep the insurance you have, or you'll take your money and buy a new, tax-free plan. Under McCain, you'll either stick with the insurance you have — but get a tax credit instead of a tax deduction — or you'll use the credit to pay for a new plan. And under Huckabee, you won't smoke at work.**

STETHOSCOPE

INJURIES

Tackle Torture

■ Football players routinely take a whipping. Case in point: Tom Brady on Sunday (ouch). But it's not just broken bones and concussions they have to fret about. There's also a chance their kidneys could be in danger. A report in the American Journal of Sports Medicine notes that between 1986 and 2004, players in the NFL sustained 52 kidney injuries, with six of them serious enough to take them off the field for an average of two months.

OBESITY

Image Is Everything

■ Not fitting into your skinny jeans could be worse for your health than the blubber on your butt preventing those pants from coming on. A study from Columbia University found that the more weight people felt they had to lose, the worse they felt physically and mentally. They suggest the stigma of obesity contributes to several health problems, such as high blood pressure. And they note that the relationship is strongest in women and whites, for whom excess poundage is less acceptable than among other groups.

CANCER

Dose of Doubt

■ Scientists are sometimes really wrong. Take, for example, a 1996 study that found a link between the development of breast cancer and the personality trait of "antiemotionality" (basically, gals who don't get all teary or trust their own feelings). A recent follow-up study conducted by folks at the Netherlands Cancer Institute found that the association was bogus. So, ladies, feel free to be unemotional.

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